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Number 47

Recipes for Quantity Food Service

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RECIPES FOR QUANTITY FOOD SERVICE, Lois Fulton, Carole Davis, and Evelyn Matthews
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ABSTRACT

Standardized recipes and food preparation information for quantity food services is presented. Inexperienced food service personnel and those who occasionally prepare food in quantity will find this material especially helpful. The file consists of a general information section, nine sections of recipes, and an appendix giving the nutritive value of the recipes on a per serving basis. Recipes are included for beverages, breads and cereals, desserts, main dishes, salads and salad dressings, sandwiches, sauces, soups, and vegetables.

Keywords: Quantity food preparation, quantity recipes, food service, nutritive values

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GENERAL INFORMATION

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INTRODUCTION

General Information

The standardized recipes and the information in this file should be helpful to persons serving food in quantity. Inexperienced food service personnel and those who occasionally prepare food in quantity will find this material especially useful. Standardized recipes are necessary in all quantity food preparation to ensure that expected servings and uniform quality are obtained each time a recipe is prepared. Food waste will be kept to a minimum if the recipe yield is predictable.

THE FILE

The file consists of a general information section, nine sections of recipes, and an appendix giving the nutritive value of the recipes on a per serving basis.

The general information section contains the information needed to make the best use of quantity recipes. Included in this section are the following subjects:

- Dietary guidelines
- Keeping food safe to eat
- Recipe adjustment
- Fraction to decimal equivalents
- Equivalent weights and volume measures
- Ingredients
- Measuring ingredients
- Abbreviations
- Oven temperatures
- Alternate ingredients
- Measures for obtaining equal size servings

Approximate dimensions of serving sizes
from different pan sizes

- Common can sizes
- Food costs
- Calculating food costs
- Government publications

The file contains recipes and general instructions arranged as follows:

- Beverages
- Breads and cereals
- Desserts
- Dessert ideas
- Main dishes
- Cooking dry beans and peas
- Cooking eggs
- Roasting meats
- Braising or pot roasting meats
- Simmering meats
- Preparing poultry for cooking
- Roasting turkey

Main Dishes (continued)

Stewing or steaming chicken or turkey
Storing and thawing fish and shellfish
Cooking fish and shellfish
Salads and salad dressings
Preparing vegetable and fruit salads
Salad combinations
Cold-plate lunches
Sandwiches
Preparing sandwiches
Sandwich filling suggestions
Sauces
Soups
Vegetables
Preparing fresh vegetables for cooking or serving raw
Vegetable serving suggestions
Vegetable mixtures
Boiling and steaming fresh and frozen vegetables
Preparing canned vegetables

Calories and amounts of various nutrients per serving are given for each recipe in the Nutrient Information section. These data will be of help in planning menus and diets. (See Nutritive Values, page 182.)

RECIPE YIELDS

The recipes are standardized to provide 100 servings of a specified size or a specific number of items such as loaves, pies, or cookies, or for a specific amount such as 1 gallon. The recipes can be changed to yield different amounts using the directions on pages 9 to 11 in the general information section. Changing the serving size will also require adjustment in size of the recipe.

GOVERNMENT PUBLICATIONS

The Government publications listed on pages 20 to 21 in the general information section include publications on nutrition, community meals, menu planning, food sanitation, and equivalent measures. These publications supplement the information in this file.

DIETARY GUIDELINES

General Information

The U.S. Departments of Agriculture and Health and Human Services have jointly issued "Nutrition and Your Health--Dietary Guidelines for Americans"¹ to help most Americans, those who are already healthy, to choose and prepare food to maintain health. These guidelines will be useful in meal planning as well as in using these recipes. Of course, meals for those on special diets for health reasons must follow specific diet prescriptions.

The guidelines are:

- . Eat a variety of foods
- . Maintain ideal weight
- . Avoid too much fat, saturated fat, and cholesterol
- . Eat foods with adequate starch and fiber
- . Avoid too much sugar
- . Avoid too much sodium
- . If you drink alcohol, do so in moderation

The guidelines were considered in both the selection and the development of recipes for this file. The recipes, in general, contain moderate levels of fat, saturated fat, and cholesterol. However, some recipes which are higher in these components can be included in the day's menu if other food choices are moderate. Sugar and sodium levels are modest, but amounts used are still within the limits of acceptable eating quality. Herbs and spices are used to enhance flavors in recipes containing lessened amounts of sodium. Some whole-grain products and fresh fruits and vegetables are included to contribute fiber as well as essential materials and vitamins.

¹ See General Information, page 20, for information on how to order a copy.

Because public health is at stake, everyone concerned with quantity food service must recognize the importance of food sanitation in food preparation and service. Understanding reasons for stringent measures to prevent foodborne illness makes following them easier than if they are merely regarded as rules to satisfy the health department.

More than 2 million cases of bacterial food poisoning occur every year. The bacteria that cause most of the food poisoning cases are everywhere in the environment. Prevention becomes a matter of stopping the growth of these bacteria or of killing them at the proper time to prevent their causing food poisoning. Lack of sanitation, insufficient cooking, and improper storage can allow bacteria in food to increase to dangerous levels.

Food containing Salmonella can cause an infection called salmonellosis in man. Examples of foods involved include raw meats, poultry, eggs, milk, fish, and foods made from them.

The bacterium, Staphylococcus aureus, produces a toxin which can cause "staph" poisoning, probably the most common foodborne disease in the United States. Examples of foods which may support the growth of staphylococcus are custards; egg, potato, chicken, and macaroni salad; ham; salami; and cheese.

The toxin produced by the bacterium, Clostridium botulinum, causes botulism, a rare, but extremely deadly kind of food poisoning. Inadequately processed home-canned foods are often the cause of botulism. Canned low-acid foods such as poultry, fish, mushrooms, and other vegetables, and smoked fish have been identified as possible products in which the bacterium could grow.

Another bacterium which can cause foodborne illness is Clostridium perfringens. Cooked poultry or meat stews, soups, or gravies allowed to cool slowly and then held for some time have been associated with perfringens poisoning.

Specific information on the causes, symptoms, and prevention of these bacterial foodborne illnesses is found in Home and Garden Bulletin 162, "Keeping Food Safe to Eat." The General Information Section, page 20, lists information on how to order.

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KEEPING FOOD SAFE TO EAT--Continued

Food safety in food service operations is regulated by county and city health department codes. Become familiar with the regulations concerned with food and food handlers. The following conditions are important in preventing growth of bacteria in quantity food preparation: Maintain strict CLEANLINESS, keep HOT foods above 140°F, and keep COLD foods below 40°F.

To prevent contamination of food, maintain strict CLEANLINESS of:

. Equipment

Use utensils to pick up and handle food. If fingers are needed, wear disposable gloves, but change them when moving from raw to cooked food. Keep cutting boards, can openers, grinders, slicers, and work surfaces very clean. Sanitize between use for raw and cooked food if separate equipment is not available. Handle dishes and utensils so that the drinking or eating surfaces are not touched. Set aside tasting spoons for washing after each use. Sanitize equipment and equipment parts that make contact with food and that cannot be cleaned in the dishwasher by washing and then immersing for at least 1 minute in a cleaning solution containing a tablespoon of chlorine bleach (labeled 5.25 percent) per gallon of water at a temperature of at least 75°F. Local codes also list other sanitizing agents that may be used, or use a commercial sanitizing agent that meets requirements stated in the code.

. Self

Adequately restrain hair. Frequently wash hands with water and soap, the most widely used disinfectant. Keep hands off face and hair. Cough or sneeze into disposable tissues only and wash hands afterwards. No one with an infected cut or other skin infection should be permitted to work with food because the bacteria causing the infection may be one that could cause a foodborne illness. Smoking should be prohibited in food preparation areas.

. Facilities

Have chairs or stools for sitting and use separate cloths for washing tables and chairs. Use separate sink for washing hands. Have especially clean work surfaces for preparation of mixes that require several steps. Never place cooked food on the surface used for raw preparation unless the surface has been washed to prevent spread of bacteria from the raw food into the cooked. Maintain clean adequate restrooms provided with soap and paper towels or air dryers.

Food may not be safe to eat if held for more than 2 or 3 hours between 60° and 125°F, the temperature at which bacteria grow rapidly. This includes all time during preparation, storage, and serving. The foods most vulnerable to bacterial growth are meat, poultry, seafood, eggs, and milk. Use food thermometers and control total time ingredients and products prepared from them are allowed to be at room temperature. All guidelines apply to buffet- and picnic-style meals as well as to the usual food service styles.

Keep HOT foods above 140°F.

If possible, cook frozen meat, poultry, and fish without thawing, but add more cooking time to be sure center of the meat is properly cooked. (See main dishes, pages 66 to 84.) Inadequately cooked foods may not be safe to eat. Do not partially cook meat or poultry one day and complete cooking the next day. Cook poultry and stuffing separately.

Thoroughly cook such foods as croquettes, fish cakes, bread stuffing, meat loaves, and meat, poultry, and fish stews and casseroles. Browning only the outside may leave bacteria in the center that can multiply rapidly. Cook these foods immediately after mixing or refrigerate in shallow containers.

Use only fresh, clean, unbroken, and odor-free eggs in any recipe in which eggs are not thoroughly cooked, such as scrambled eggs, omelets, or puddings.

Remember, 2 to 3 hours is the maximum time food should remain at 60° to 125°F to be sure it is safe to eat. To be sure refrigerated hot food reaches a safe temperature when stored, test it with a food thermometer.

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Cracked or soiled eggs may contain harmful bacteria. They should be used only in foods that are to be thoroughly cooked, such as baked goods.

Use dried or frozen eggs only in foods that are to be thoroughly cooked unless the label states that the product is safe to use in uncooked or slightly heated foods.

Follow directions exactly on all packages of prepared and partially prepared frozen foods. Heat for the specified time to assure that the food will be safe to eat.

Heat leftovers thoroughly. Boil broth and gravies several minutes when reheating them.

KEEPING FOOD SAFE TO EAT--Continued

Keep COLD foods below 40°F.

Frozen meat, poultry, and fish can be cooked without thawing. However, if you desire to thaw frozen meat, thaw it in the refrigerator. Thaw poultry in the refrigerator or under cold running water following instructions in the Main Dish Section, page 74. Thaw fish using instructions in the Main Dish Section, page 81. Thaw only until meat, poultry, or fish is pliable.

Remove meat and poultry cooked for use in combination dishes from the bones and chill separately.

Rapidly cool cooked foods to be served cold by placing food in shallow serving pans (no deeper than 2 inches) or by portioning and refrigerating immediately. These include custard, chocolate, lemon, and vanilla puddings, and ingredients for egg, fish, meat, poultry, and pasta salads.

Use chilled ingredients to prepare cheese, egg, fish, meat, and poultry sandwiches and salads containing little or no vinegar or other acid food. After mixing, store in shallow serving pans in the refrigerator to chill thoroughly for serving.

Use chilled ingredients to prepare casseroles containing milk products, meat, poultry, fish, and eggs that will not be cooked immediately. Refrigerate until cooking.

Follow specific instructions on the package when using commercial egg mixes to make uncooked foods.

Put perishable foods directly into the refrigerator. Prepackaged poultry and meats should remain in the original wrapping, but when not prepackaged, meat should be loosely wrapped.

Put leftovers in shallow containers and refrigerate as soon as possible.

RECIPE ADJUSTMENT

General Information

The recipes in this file have been standardized to yield 100 servings of a specified size or a given amount of food, such as 12 pies. It may be necessary to adjust the size of the recipes because more or less than 100 servings are needed or the specified serving size is too large for the persons for whom the food is being prepared. In each of the examples below, calculations are made to determine a factor to use in adjusting the amount of each ingredient.

Find the Factor

Example 1

To adjust the recipe to yield more or less than 100 servings of the size specified, the number of servings needed is divided by 100 to obtain the factor. To obtain the factor to use for adjusting a recipe to 175 servings, the following calculation is made:

$$175 \text{ (No. of servings needed)} \div 100 = 1.75 \text{ (factor)}$$

Example 2

To adjust the recipe to yield 100 servings of a size different from that specified, divide the size serving desired by the size serving specified in the recipe to obtain the factor. To obtain the factor to use for adjusting a recipe from a specified 3/4-cup serving to a 1/2-cup serving, the following calculation is made:

$$\frac{1}{2} \text{ or } 0.5 \text{ cup (serving desired)} \div \frac{3}{4} \text{ or } 0.75 \text{ cup (serving specified)} = 0.67 \text{ (factor)}$$

Example 3

To adjust a recipe yielding a specified amount of food such as 12 pies to yield a different amount of food, divide the amount of food desired by the amount of food specified in the recipe to obtain the factor. To obtain the factor to use for adjusting a pie recipe to yield 18 instead of 12 pies, the following calculation is made:

$$18 \text{ (No. pies desired)} \div 12 \text{ (No. pies specified)} = 1.5 \text{ (factor)}$$

Multiply by Factor

The amount of each ingredient in the recipe being changed is adjusted by multiplying the amount of the ingredient specified in the recipe by the factor. If 14 ounces of an ingredient is specified in a recipe and the factor obtained by one of the previous

(over)

RECIPE ADJUSTMENT--Continued

calculations is 1.60, the following calculation would be made:

14 ounces (amount in recipe) x 1.6 (factor) = 22.4
ounces (amount in adjusted recipe)

The decimal part of an ounce will need to be changed to the nearest measurable amount such as 3/8 or 1/2 ounce depending on the sensitivity of the scale used, i.e., the smallest unit that can be weighed--1/8, 1/4, or 1/2 ounce. Tables given on this page will help in making the calculations.

Adjusting the amounts of an ingredient measured by volume instead of weight is made in the same manner. To adjust 2 cups of an ingredient specified in a recipe using a factor of 1.6, multiply as below:

2 cups (amount in recipe) x 1.6 (factor) = 3.20
cups (amount in adjusted recipe). Increase 3.20 cups to the next higher measurable amount, 3.25 cups.

EQUIVALENT WEIGHTS AND VOLUME MEASURES	
1 pound	= 16 ounces
1 fluid ounce	= 2 tablespoons
1 tablespoon	= 3 teaspoons
1/4 cup	= 4 tablespoons
1/3 cup	= 5-1/3 tablespoons or 16 teaspoons
1/2 cup	= 8 tablespoons
2/3 cup	= 10-2/3 tablespoons or 32 teaspoons
3/4 cup	= 12 tablespoons
1 cup	= 16 tablespoons (8 fluid ounces)
1 quart	= 4 cups
1 gallon	= 4 quarts

FRACTION TO DECIMAL EQUIVALENTS

Fraction	Decimal
1/8	0.12
1/4	.25
3/8	.38
1/2	.50
5/8	.62
3/4	.75
7/8	.88

RECIPE ADJUSTMENT--Continued

General Information

The following example shows how a 100-serving recipe would be adjusted by volume or by weight to yield 175 servings. The factor used would be 1.75.

Lemon Parsley Carrots (Vegetables, page 173)

Ingredients	Volume adjustment	Weight adjustment
Frozen sliced carrots-----	-----	20 lb x 1.75 = 35 lb
Frozen chopped onions-----	1 qt x 1.75 = 1.75 qt or 1-3/4 qt-----	1 lb x 1.75 = 1.75 lb or 1 lb 12 oz
Boiling water-----	2 qt x 1.75 = 3.5 qt or 3-1/2 qt-----	-----
Salt-----	1/4 cup (4 tablespoons) x 1.75 = 7 tablespoons-----	-----
Lemon juice-----	2 cups x 1.75 = 3.5 cups or 3-1/2 cups--	-----
Margarine-----	1 cup x 1.75 = 1.75 cups or 1-3/4 cups--	8 oz x 1.75 = 14 oz----
Parsley, chopped-----	1/2 cup x 1.75 = 0.875 cups or 7/8 cup--	-----

INGREDIENTS

General Information

Flour--Flour in the recipes means all-purpose flour. The flour is not sifted before measuring.

Eggs--Large eggs weighing 24 ounces per dozen in the shell were used in standardizing the recipes. Frozen eggs or dried eggs may be used in place of the shell eggs. See General Information, page 14.

Milk--Skim milk was used in standardizing most recipes; however, reconstituted nonfat dry milk, lowfat (1 percent and 2 percent fat) milk or whole milk may be used in place of skim milk. Nutrient calculations were made using skim milk; thus, nutrient content will vary from that reported if other types of milk are used.

Baking powder--Double-acting baking powder was used in standardizing the recipes.

Fats--Recipes were standardized with the fat specified. A different type of fat may not give the same results. When margarine is specified, stick margarine was used.

MEASURING INGREDIENTS

Flour--Stir flour, spoon lightly into measure, and level with a straight edge of knife or spatula. Do not shake or tap measure. Large amounts of flour should be measured in quarts. Gallon measures should not be used because the flour will pack.

Solid fats--Pack fat firmly into measure and level off top with a straight edge of spatula or knife.

For solid fat in sticks or pounds, cut off the amount needed. A 1-pound block measures about 2 cups; a 1/4-pound stick of margarine measures 1/2 cup.

Brown sugar--Pack into measure firmly enough for the sugar to keep the shape of the container when turned out.

ABBREVIATIONS

tsp-----teaspoon
 Tbsp-----tablespoon
 qt-----quart
 gal-----gallon
 oz-----ounce
 fl. oz-----fluid ounce
 lb-----pound
 No.-----number
 pkg-----package
 °F-----degrees
 Fahrenheit
 X-----multiply
 ÷-----divide

OVEN TEMPERATURES

Very slow oven-----250° and 275°F
 Slow oven-----300° and 325°F
 Moderate oven-----350° and 375°F
 Hot oven-----400° and 425°F
 Very hot oven-----450° and 475°F
 Extremely hot oven-----500° and 525°F

The oven should always be preheated to the temperature specified in the recipe.

In place of

Use

1 tablespoon double-acting baking powder

3/4 teaspoon baking soda plus 1-1/2 cups buttermilk or sour milk

1 cup flour for thickening

1/2 cup cornstarch
or

2/3 cup granulated tapioca

1 quart fluid skim milk

3-1/2 ounces or 1-1/3 cups instant nonfat dry milk plus 3-3/4 cups water

1 quart buttermilk or sour milk

1/4 cup vinegar or lemon juice plus enough milk to equal 1 quart

1 package active dry yeast (1/4 ounce)

2-1/4 teaspoons active dry yeast

6 whole eggs, large size

1-1/4 cups thawed frozen egg¹

or

1 cup dried whole egg¹ plus 1 cup water

6 egg yolks, large size

1/2 cup less 1 tablespoon thawed frozen egg yolk¹

6 egg whites, large size

3/4 cup plus 1 tablespoon thawed frozen egg white¹

¹ See General Information, page 7 for precautions in using frozen or dried eggs.

MEASURES FOR OBTAINING EQUAL SIZE SERVINGS

General Information

The recipes in this file will yield the number of servings of the size specified in the recipe. To obtain the number of servings expected, the amount of food specified as a serving should be used. Scoops, ladles, or spoons of standard sizes help in serving. Scoops also help portion batter for muffins and cookies.

SCOOPS

The number of the scoop indicates the number of level scoopfuls it takes to make 1 quart. The following table gives an approximate measure for each scoop:

Scoop No.	Approximate measure
6-----	2/3 cup
8-----	1/2 cup
10-----	3/8 cup
12-----	1/3 cup
16-----	1/4 cup
20-----	3-1/3 tablespoons
24-----	2-2/3 tablespoons
30-----	2 tablespoons
40-----	1-2/3 tablespoons
50-----	3-3/4 teaspoons
60-----	3-1/4 teaspoons
70-----	2-3/4 teaspoons
100-----	2 teaspoons

LADLES

The following sizes of ladles will help in obtaining servings of equal size of soups, sauces, creamed foods, and other similar foods:

1/4 cup
1/2 cup
3/4 cup
1 cup

SERVING SPOONS

A serving spoon (solid or slotted) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired.

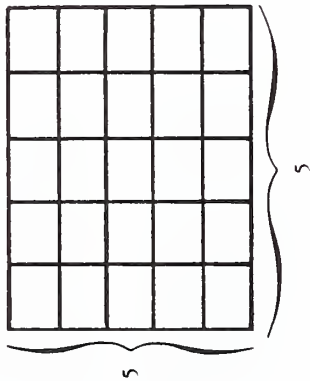
APPROXIMATE DIMENSIONS OF SERVING SIZES FROM DIFFERENT PAN SIZES

General Information

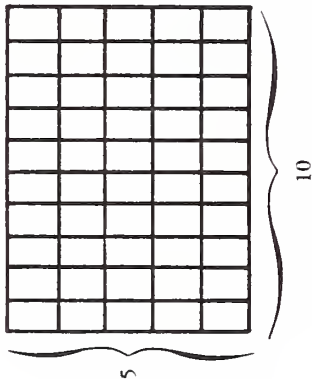
Pan	Approximate pan size	Number and approximate size of servings per pan		
		25	50	100
Baking or steam table-----	12 by 20 by 2 inches--	2 by 3-3/4 inches--	2 by 2 inches-----	-----
Sheet or bun-----	18 by 26 by 1 inches--	3-1/4 by 5 inches--	3-1/4 by 2-1/2 inches.	1-3/4 by 2-1/2 inches.

Cutting Diagram for Portioning

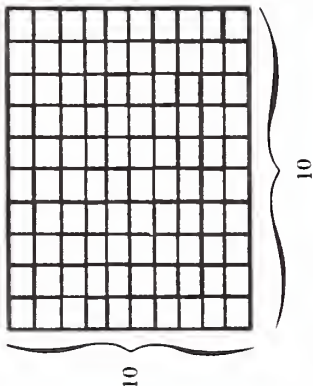
For 25 servings



For 50 servings



For 100 servings



COMMON CAN SIZES

General Information

Average net weight or fluid measure per can	Name of can size	Approximate number of cups per can	Approximate number of cans equivalent to No. 10 can containing 99 to 117 ounces
99 to 117 ounces (6 pounds 3 ounces to 7 pounds 5 ounces).	No. 10-----	12 to 13	1
51 ounces or 46 fluid ounces-----	No. 3 cylinder----	5-3/4	2
29 ounces-----	No. 2-1/2-----	3-1/2	3-1/2
20 ounces or 18 fluid ounces-----	No. 2-----	2-1/2	5
16 to 17 ounces-----	No. 303-----	2	6-1/2
14 to 16 ounces-----	No. 300-----	1-3/4	7

The weight of the can contents of foods packaged in the same size can varies with the density of the food. For example, the same size can may contain 108 ounces of applesauce but only 99 ounces of sauerkraut. Meats, fish, and shellfish are sold by drained weight of the contents of the can.

FOOD COSTS

General Information

This publication includes some lower cost as well as some higher cost recipes. The actual cost of the food as available at the time the recipe will be used needs to be calculated to keep food costs within budgetary limitations or to determine the selling price of a meal.

Food costs will vary with the season and the local market situation. Increases or decreases in food prices in general will also change the food cost for a recipe. Donations of food will lower the total cost of food. Major changes in the cost of one ingredient or of several ingredients will necessitate recalculating the food cost for a recipe. Ingredients for Vegetable-Cottage Cheese Salad, Salads and Salad Dressings, page 125, are entered on of the sample worksheet on page 19 as an example of the use of a worksheet for calculating food cost. Instructions for use of this worksheet are given below.

CALCULATING FOOD COST (using worksheet on page 19)

Step 1 - Enter the recipe ingredients in column 1.
 Step 2 - Enter amount of each ingredient as given in the recipe in column 2.
 Step 3 - Enter amount of each ingredient as purchased in column 3. This amount will differ from the amount given in the recipe when the ingredient is changed in form after it was purchased, but before it was measured for use in the recipe. The Food Purchasing Guide for Group Feeding listed in the General Information Section, on page 21 will help in determining the amount of the ingredient to purchase.
 Step 4 - Enter the market unit of the ingredient in column 4, such as pound, dozen, or can.
 Step 5 - Calculate the number of market units of the ingredient to be used by dividing the amount of the ingredient purchased by the market unit. Enter

the result in column 5. The number of market units used may be in decimals or a fraction. If the leftover food cannot be used in another recipe, the next higher whole number of market units should be used in calculating the food cost. For some ingredients a smaller size market unit may be more economical. See General Information, page 17 for changing can sizes.

Step 6 - Enter the cost per market unit in column 6.

Step 7 - Multiply the cost per market unit by the number of market units used. Enter the result in column 7.

Step 8 - Add the numbers in column 7 to get the total cost of the whole recipe. To determine the cost per serving, divide the total cost by the actual number of servings the recipe yields.

FOOD COSTS--Continued

Kind of ingredient (column 1)	Amounts of ingredient in recipe (column 2)	Amount of ingredient as purchased (column 3)	Market unit of ingredient (column 4)	Number of market units of ingredient used (column 5)	Cost per market unit (column 6)	Cost for ingredient (column 7)
VEGETABLE-COTTAGE CHEESE SALAD (page 125)						
Carrots, shredded	1 gal (3 lb 14 oz)	5.78 lb	Pound	5.78	\$ 0.39	\$ 2.25
Onions, chopped	3/4 cup (4-1/2 oz)	0.32 lb	Pound	0.32	0.23	0.07
Green peppers, chopped.	1 qt (1 lb 5 oz)	1.64 lb	Pound	1.64	0.99	1.62
Celery, chopped	1 qt (1 lb 1 oz)	1.30 lb	Pound	1.30	0.30	0.39
Cucumbers, pared, chopped.	1 gal (5 lb)	5.95 lb	Pound	5.95	0.61	3.63
Pepper	1 Tbsp	0.23 oz	4-oz can	0.056	0.89	0.05
Lowfat cottage cheese.	30 lb	30 lb	2-lb carton	15.00	1.85	27.75
Salad greens	100 leaves (2.76 lb)	3.83 lb	Pound	3.83	0.50	1.92
					Total cost of 100 servings	\$37.68
					Cost per serving	0.38

GOVERNMENT PUBLICATIONS

General Information

The following publications of the U.S. Government will be of help to those responsible for quantity food service.

Write to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, for current price before ordering.

1. Keeping Food Safe to Eat. U.S. Dept. of Agr., Home and Gard. Bull. No. 162, 40 pp. Revised 1977.
2. Nutritive Value of Foods. U.S. Dept. of Agr., Home and Gard. Bull. No. 72, 40 pp. Revised 1981.
3. Composition of Foods: Dairy and Egg Products; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. 8-1, 149 pp. 1977.
4. Composition of Foods: Spices and Herbs; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-2, 49 pp. 1977.
5. Composition of Foods: Baby Foods; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-3, 237 pp. 1978.
6. Composition of Foods: Fats and Oils; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-4, 148 pp. 1979.

7. Composition of Foods: Poultry Products; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-5, 339 pp. 1979.
8. Composition of Foods: Soups, Sauces, and Gravies; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-6, 234 pp. 1980.
9. Composition of Foods: Sausages and Luncheon Meats; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-7, 92 pp. 1980.
10. Composition of Foods: Breakfast Cereals; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-8, 160 pp. 1982.
11. Composition of Foods: Fruits and Fruit Juices; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-9, 283 pp. 1982.
12. Composition of Foods: Pork Products; Raw, Processed, Prepared. U.S. Dept. of Agr., Agr. Handb. No. 8-10, 206 pp. 1983.
13. Nutrition and Your Health, Dietary Guidelines for Americans. U.S. Dept. of Agr., and U.S. Dept. of Health and Human Service. 20 pp. 1980.

GOVERNMENT PUBLICATIONS--Continued

14. Food Buying Guide for Child Nutrition Programs.
U.S. Dept. of Agr., Program Aid 1331, 134 pp.
1984.
15. Food Purchasing Guide for Group Feeding. U.S.
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BEVERAGES

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APRICOT BUTTERMILK

Serving size: 1 cup

Beverages

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Apricot nectar, chilled-----	9 cans, 46 fl. oz each.	-----	-----	1. Mix apricot nectar and sugar with buttermilk.
Sugar-----	2 cups-----	14 oz-----	-----	2. Chill well before serving.
Buttermilk-----	3 gal-----	-----	-----	

COCOA

Serving size: About 1 cup

Beverages			
Ingredients	100 servings		Directions
	Volume	Weight	
Cocoa-----	1-1/4 qt-----	15 oz-----	1. Mix cocoa and sugar. Add boiling water. Boil gently 5 minutes.
Sugar-----	1 qt-----	1 lb 11-1/2 oz----	
Boiling water-----	3-1/2 qt-----	-----	
Instant nonfat dry milk----	2 gal-----	5 lb 4 oz-----	2. Mix dry milk with lukewarm water. Stir into cocoa mixture. 3. Heat to serving temperature.
Lukewarm water-----	4-1/2 gal-----	-----	

FRUIT PUNCH

Serving size: About 1/2 cup without ice

Beverages

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Pineapple juice, unsweetened.	4 cans, 46 fl. oz each.	-----	-----	1. Mix fruit juices and lemonade with water. Chill thoroughly.
Frozen orange juice concentrate.	4 cans, 12 fl. oz each.	-----	-----	2. Add ginger ale just before serving.
Frozen lemonade concentrate.	2 cans, 12 fl. oz each.	-----	-----	3. Serve over ice cubes or crushed ice.
Cold water-----	2 qt-----	-----	-----	
Ginger ale-----	4 bottles, 28 fl. oz each.	-----	-----	

HOT CIDER

Serving size: 3/4 cup

Beverages

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Apple cider or juice-----	5 gal-----	-----	-----	1. Heat cider to simmering.
Whole allspice-----	1/4 cup-----	-----	-----	2. Tie spices in cloth bag or cheese cloth.
Whole cloves-----	1/4 cup-----	-----	-----	3. Simmer spices with cider 15 minutes.
Stick cinnamon-----	24 sticks-----	-----	-----	4. Remove spices.
Mace-----	1 tsp-----	-----	-----	5. Serve hot.

VARIATION

TOMATO-PINEAPPLE COCKTAIL: Use 7 cans, 46 fl. oz each, tomato juice and 7 cans, 46 fl. oz each, unsweetened pineapple juice, in place of apple cider or juice. Serve hot or chilled.

LEMON MILK DRINK

Beverages

Serving size: 1 cup

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Lemon sherbet-----	2 gal-----	-----	-----	1. Beat sherbet and lemon juice together. Add honey; mix.
Frozen lemon juice, thawed-----	3 cups-----	-----	-----	
Honey-----	1 cup-----	11-1/2 oz-----	-----	
Instant nonfat dry milk-----	3 qt-----	1 lb 15-1/2 oz---	-----	2. Mix dry milk with skim milk. Gradually beat milk mixture into sherbet mixture.
Cold skim milk-----	4 gal-----	-----	-----	
				3. Serve immediately in chilled glasses.

STRAWBERRY MILK DRINK

Serving size: 1 cup

Beverages

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen whole unsweetened strawberries, partially thawed.	6 pkg, 20 oz each.	-----	-----	1. Beat strawberries in mixer until well broken up.
Strawberry ice cream, softened.	3 gal-----	-----	-----	2. Add ice cream. Beat until well mixed.
Instant nonfat dry milk-----	3 qt-----	1 lb 15-1 1/2 oz----	-----	3. In separate bowl, mix dry milk, sugar, and cold skim milk.
Sugar-----	2 cups-----	1 1/4 oz-----	-----	4. Stir milk mixture slowly into ice cream mixture. Mix well.
Cold skim milk-----	3 gal-----	-----	-----	5. Pour into chilled glasses. Serve immediately.

BREADS AND CEREALS

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BANANA LOAF

Serving size: 1 slice

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Sugar-----	1 qt-----	1 lb 11-1/2 oz----	-----	1. Beat sugar and shortening until creamy; beat in eggs.
Shortening-----	1-1/2 cups-----	10 oz-----	-----	
Eggs-----	6 large-----	10-1/2 oz-----	-----	
Flour-----	2-1/2 qt-----	2 lb 12 oz-----	-----	2. Mix flour, baking powder, baking soda, and salt.
Baking powder-----	1/4 cup-----	-----	-----	
Baking soda-----	1 tsp-----	-----	-----	
Salt-----	2 tsp-----	-----	-----	
Skim milk-----	1 cup-----	-----	-----	3. Add dry ingredients, milk, and bananas to creamy mixture; mix only until smooth. 4. Pour batter into 5 greased loaf pans (about 9 by 5 inches), about 3-1/2 cups or 1 pound 11 ounces per pan. 5. Bake at 350°F (moderate oven) 40 minutes or until batter no longer clings to toothpick inserted in center. 6. Cool thoroughly. Slice each loaf into 20 slices.
Bananas, mashed-----	1-1/4 qt-----	2 lb 8 oz-----	-----	

BISCUITS

Serving size: 1 biscuit

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Flour-----	4 qt-----	4 lb 7 oz-----	-----	1. Mix flour, baking powder, and salt.
Baking powder-----	1/2 cup-----	3 oz-----	-----	
Salt-----	1-1/2 Tbsp-----	-----	-----	
Shortening-----	2-1/2 cups-----	1 lb 1/2 oz-----	-----	2. Mix in shortening only until mixture is crumbly.
Skim milk-----	1-1/2 qt-----	-----	-----	3. Add enough milk to flour mixture to make a soft dough.
				4. Turn out on lightly floured surface. Divide dough in half and knead each half lightly about 1 minute.
				5. Roll dough out to 1/2-inch thickness. Cut with a floured 2-inch cutter and place on baking sheets.
				6. Bake at 425°F (hot oven) 20 minutes or until lightly browned.

BREAD STUFFING

Serving size: 1/3 cup

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Celery, finely chopped-----	3-1/2 qt-----	3 lb 11 oz-----	-----	1. Cook celery and onions in margarine until tender; remove from heat.
Frozen chopped onions-----	2-1/2 qt-----	2 lb 7-1/2 oz-----	-----	
Margarine-----	2 cups-----	1 lb-----	-----	
Soft bread cubes-----	5 gal-----	7 lb-----	-----	2. Stir in bread cubes, seasonings, and broth; toss to mix. 3. Place in 2 greased baking pans (about 12 by 20 inches), about 1 gallon 1-1/2 quarts or 7 pounds per pan. 4. Cover pans and bake 30 minutes at 350°F (moderate oven). Remove cover and bake 30 minutes longer or until brown.
Pepper-----	1 tsp-----	-----	-----	
Poultry seasoning-----	3 Tbsp-----	-----	-----	
Thyme leaves-----	1 tsp-----	-----	-----	
Beef broth-----	1 qt-----	-----	-----	

CINNAMON COFFEE CAKE

Serving size: 1 piece, about 2 by 3-3/4 inches

Breads and Cereals

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Sugar-----	1-1/4 qt-----	2 lb 2-1/2 oz----	-----	1. Beat sugar, fat, and eggs until creamy. Mix in milk.
Shortening-----	3 cups-----	1 lb 4 oz-----	-----	
Eggs-----	12 large-----	1 lb 5 oz-----	-----	
Skim milk-----	1-3/4 qt-----	-----	-----	
Flour-----	4 qt-----	4 lb 7 oz-----	-----	2. Mix flour, baking powder, and salt. Add to creamy mixture. Stir until smooth.
Baking powder-----	1/2 cup-----	3 oz-----	-----	
Salt-----	2 Tbsp-----	-----	-----	
				3. Pour half the batter into 4 greased baking pans (about 12 by 20 inches), about 3-1/2 cups or 1 pound 10 ounces per pan.
Brown sugar-----	1 qt, packed--	1 lb 14 oz-----	-----	4. Mix brown sugar, flour, margarine, and cinnamon.
Flour-----	1 cup-----	4-1/2 oz-----	-----	
Margarine-----	1 cup-----	8 oz-----	-----	5. Sprinkle half the brown sugar mixture over batter in pans, about 3/4 cup or 5-1/4 ounces per pan.
Ground cinnamon-----	1/4 cup-----	-----	-----	
				6. Add remaining batter, about 3-1/2 cups or 1 pound 10 ounces per pan.

(over)

CINNAMON COFFEE CAKE--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
				<p>7. Sprinkle with remaining brown sugar mixture, about 3/4 cup or 5-1/4 ounces per pan.</p> <p>8. Bake at 375°F (moderate oven) 20 minutes or until cake springs back when touched lightly.</p> <p>9. Serve warm.</p>

CORNBREAD

Serving size: 1 piece, about 2 by 2 inches

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Flour-----	2 qt-----	2 lb 3-1/2 oz----	-----	1. Mix flour, cornmeal, baking powder, sugar, and salt thoroughly.
Cornmeal-----	2 qt-----	2 lb 11 oz-----	-----	
Baking powder-----	1/2 cup-----	3 oz-----	-----	
Sugar-----	1-1/3 cups-----	9-1/4 oz-----	-----	
Salt-----	2 tsp-----	-----	-----	
Eggs-----	8 large-----	14 oz-----	-----	2. Mix eggs, milk, and oil. Add to dry ingredients, stirring only until dry ingredients are moistened; batter will be lumpy.
Skim milk-----	2 qt-----	-----	-----	
Oil-----	1-1/3 cups-----	9-3/4 oz-----	-----	
				3. Pour into 2 greased baking pans (about 12 by 20 inches), about 2-1/2 quarts or 5 pounds 11 ounces batter per pan.
				4. Bake at 425°F (hot oven) 25 to 30 minutes or until lightly browned.

MACARONI, NOODLES, OR SPAGHETTI

Serving size: About 1/2 cup

Breads and Cereals

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Salt-----	1/3 cup-----	3-1/2 oz-----	-----	1. Add salt to boiling water. Slowly stir in macaroni, noodles, or spaghetti. 2. Cook until tender-firm, about 8 minutes for macaroni, 6 minutes for noodles, and 10 minutes for spaghetti. Drain.
Boiling water-----	6 gal-----	-----	-----	
Macaroni-----	-----	6 lb-----	-----	
or	-----	or	-----	
Noodles-----	-----	6 lb-----	-----	
or	-----	or	-----	
Spaghetti-----	-----	6 lb-----	-----	

OATMEAL ROLLS

Serving size: 1 roll

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Skim milk, heated-----	1-1/2 qt-----	-----	-----	1. Pour milk over rolled oats.
Quick-cooking rolled oats--	1 qt-----	10-1/2 oz-----	-----	Let stand 5 minutes.
Shortening-----	2/3 cup-----	4-1/2 oz-----	-----	2. Mix in shortening and molasses.
Light molasses-----	2/3 cup-----	7-1/4 oz-----	-----	
Flour-----	1 qt-----	1 lb 2 oz-----	-----	3. Mix 1 quart flour with salt
Active dry yeast-----	8 pkg, 1/4 oz each-----	2 oz-----	-----	and yeast.
Salt-----	1-1/2 Tbsp-----	-----	-----	4. Add rolled oats mixture and
Eggs, beaten-----	6 large-----	10-1/2 oz-----	-----	eggs to flour mixture. Beat
Flour-----	1 qt-----	1 lb 2 oz-----	-----	well.
			-----	5. Add 1 quart more flour. Beat
			-----	well.

Flour-----	2 qt-----	2 lb 3-1/2 oz-----	-----	6. Mix and knead in remaining
			-----	flour.
			-----	7. Place dough in lightly greased
			-----	bowl and turn over once to
			-----	grease upper side of dough.
			-----	8. Cover and let rise in a warm
			-----	place until double in size.
			-----	9. Punch down dough to remove
			-----	air bubbles. Shape into rolls
			-----	(about 1-1/2 ounces each).
			-----	Place on sheet pans.

(over)

OATMEAL ROLLS--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
10. Let rolls rise until double size.				
11. Bake at 400°F (hot oven) 16 to 18 minutes or until lightly browned.				

PLAIN MUFFINS

Serving size: 1 muffin

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Flour-----	4 qt-----	4 lb 7 oz-----	-----	1. Mix flour, baking powder, sugar, and salt thoroughly.
Baking powder-----	2/3 cup-----	4-1/4 oz-----	-----	
Sugar-----	2-1/2 cups-----	1 lb 1-1/2 oz-----	-----	
Salt-----	2 Tbsp-----	-----	-----	
Eggs, beaten-----	9 large-----	1 lb-----	-----	2. Mix eggs, oil, and milk. Add to flour mixture, stirring until dry ingredients are moistened; batter will be lumpy. 3. Using No. 24 scoop (2-2/3 tablespoons), portion into greased muffin tins. 4. Bake at 400°F (hot oven) 20 to 25 minutes or until lightly browned.
Oil-----	2-1/2 cups-----	1 lb 2-1/2 oz-----	-----	
Skim milk-----	2-1/4 qt-----	-----	-----	

VARIATION

BLUEBERRY MUFFINS: Gently fold 1-1/2 qt (2 lb 1/2 oz) frozen blueberries into the plain muffin batter.

RICE (White or Brown)

Serving size: About 1/2 cup

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Rice (white or brown)-----	3-3/4 qt-----	6 lb-----	-----	1. Place rice in 2 baking pans (about 12 by 20 inches), 3 pounds or about 1 quart 3-1/3 cups per pan.
Salt-----	1-1/3 Tbsp-----	-----	-----	
Boiling water-----	1-1/2 gal-----	-----	-----	
				2. Add salt to boiling water; pour over rice, 3 quarts per pan.
				3. Cover pans tightly.
				4. Bake at 350° F (moderate oven) or steam at 5 pounds pressure 25 minutes for white rice and 50 minutes for brown rice.
				5. Remove from oven or steamer and let stand covered 5 minutes.

RICE-ALMOND CASSEROLE

Serving size: About 1/2 cup

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Canned mushroom pieces-----	3 cans, 8 oz each.	-----	-----	1. Drain and chop mushrooms; save liquid.
Almonds, blanched, chopped-----	1 qt-----	1 lb 2 oz-----	-----	2. Cook mushrooms, almonds, and Frozen chopped onions-----
Frozen chopped onions-----	2 cups-----	8 oz-----	-----	onions in margarine until lightly browned.
Margarine-----	1 cup-----	8 oz-----	-----	
Process Cheddar cheese, shredded.	2-1/2 qt-----	2 lb 4-1/2 oz-----	-----	3. Add cheese, rice, and parsley. Mix gently.
Long-grain white rice-----	2-3/4 qt-----	4 lb 11 oz-----	-----	4. Place mixture in 4 baking pans (about 12 by 20 inches), about 2 quarts or 2 pounds 8 ounces per pan.
Dehydrated parsley flakes--	1 cup-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	5. Stir pepper, basil, and broth into boiling liquid. Return to boiling.
Basil leaves-----	2 tsp-----	-----	-----	6. Pour liquid over rice mixture, about 2 quarts per pan.
Beef broth, condensed-----	4 cans, 10-1/2 oz each.	-----	-----	7. Cover; bake at 350°F (moderate oven) 35 minutes.
Mushroom liquid and water, boiling.	1-3/4 gal-----	-----	-----	

SPOONBREAD

Serving size: 1/3 cup

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Skim milk-----	1-1/2 gal-----	-----	-----	1. Stir cornmeal and salt into milk. 2. Cook over low heat, stirring constantly, until thickened to consistency of mush. Remove from heat.
Cornmeal-----	2 qt-----	2 lb 11 oz-----	-----	
Salt-----	3 Tbsp-----	-----	-----	
Margarine-----	1/2 cup-----	4 oz-----	-----	3. Stir in margarine. Cool slightly to about 105° to 110° F.
Egg yolks, beaten-----	32 large-----	1 lb 3 oz-----	-----	4. Stir egg yolks into cornmeal mixture. Mix well.
Egg whites-----	32 large-----	2 lb 5 oz-----	-----	5. Beat egg whites until stiff but not dry. Fold into cornmeal-egg yolk mixture. 6. Pour into 2 greased baking pans (about 12 by 20 inches), about 1 gallon 1-1/4 quarts or 9 pounds per pan. 7. Bake at 375°F (moderate oven) 45 minutes or until set.

YEAST ROLLS

Serving size: 1 roll

Breads and Cereals

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Flour-----	2 qt-----	2 lb 3-1/2 oz----	-----	1. Mix 2 quarts flour with sugar, yeast, and salt.
Sugar-----	1/2 cup-----	3-1/2 oz-----	-----	
Active dry yeast-----	4 pkg, 1/4 oz each.	-----	-----	
Salt-----	2 Tbsp-----	-----	-----	
Skim milk-----	1 qt 1/2 cup--	-----	-----	2. Heat milk and oil until warm. Stir into flour mixture. 3. Add eggs; beat well.
Oil-----	1 cup-----	7-1/4 oz-----	-----	
Eggs, slightly beaten-----	4 large-----	7 oz-----	-----	
Flour-----	2 qt-----	2 lb 3-1/2 oz----	-----	4. Mix in 2 quarts flour making a soft dough that leaves sides of bowl.
				5. Knead until dough is smooth and elastic. (Kneading may be done in mixing machine.)
				6. Place dough in lightly greased bowl and turn over once to grease upper side of dough. Cover and let rise in warm place until double in size, about 1-1/2 hours.
				7. Punch down dough to remove air bubbles. Shape into rolls about 1-1/4 ounces each.

(over)

YEAST ROLLS--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
<div>8. Place rolls on sheet pans. Let rise until double in size, about 1 hour.</div> <div>9. Bake at 400°F (hot oven) 15 minutes or until lightly browned.</div>				

VARIATION

WHOLE WHEAT ROLLS: Use 2 qt 1/2 cup or 2 lb 4 oz whole-wheat flour and only 2 qt or 2 lb 3-1/2 oz all-purpose flour. Mix flours. Continue as in basic recipe.

DESSERTS

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The final satisfying touch can be added to a meal with an appealing dessert. Try a dessert moderate in fat and containing less sugar than is typically used. Whole grains and fruits contribute to the nutritional value of desserts.

- Angelfood cake does not contain fat or egg yolk. It can be served with unsweetened fruits.
- Apples or pears may be baked with a lightly sweetened cereal topping.
- A cantaloupe ring becomes a colorful dessert when filled with blueberries or strawberries.
- Cheese and fruit served together add variety. Try Thompson seedless or tokay grapes and apple slices with wedges of lowfat cheese.
- Parfaits may be made with small scoops of assorted ice milks in parfait glasses layered with an unsweetened or lightly sweetened fruit sauce.
- A cold fresh fruit cup can be made with bite-size pieces of fruit; cover with fruit juice. Chill well. Apples, grapefruit, oranges, and pineapple are available year-round and can be varied with addition of berries, cherries, and other fruits in season.
- A fruited gelatin dessert may be made by adding fruits canned in juice to unflavored gelatin. But do not use fresh or frozen pineapple in a gelatin dessert; the mixture will not set.
- Pie crust made with cornflake or graham cracker crumbs adds variety. Fill with a favorite lightly sweetened fruit pie filling.
- As a change from frosting, try sifted confectioner's sugar or a fruit sauce (Sauces, pages 150 and 153) on plain cake.

APPLE COBBLER

Serving size: 1 piece, about 2 by 3-3/4 inches

Desserts

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Flour-----	2 qt-----	2 lb 3-1/2 oz----	-----	<ol style="list-style-type: none"> For pastry, mix flour and salt. Mix in margarine until size of small peas. Add water and mix just until dry ingredients are moistened. Roll out 4 rectangles (about 12 by 20 inches) on lightly floured surface, using about 1 pound dough for each crust.
Salt-----	2 tsp-----	-----	-----	
Margarine-----	2-2/3 cups-----	1 lb 5 oz-----	-----	
Cold water-----	1 cup-----	-----	-----	
Unsweetened sliced apples--	4 cans, 104 oz each.	-----	-----	<ol style="list-style-type: none"> For filling, drain apples; save liquid. Place apples in 4 pans (about 12 by 20 inches), about 3 quarts or 5 pounds 12 ounces per pan.
Apple liquid and water-----	1 gal-----	-----	-----	<ol style="list-style-type: none"> Heat 2 quarts apple liquid and water to boiling. Add sugar and spices. Mix cornstarch with remaining liquid. Gradually stir into boiling liquid. Cook, stirring constantly, until thickened. Pour thickened mixture over apples, about 4-3/4 cups or 2 pounds 10 ounces per pan.
Sugar-----	1-1/2 qt-----	2 lb 9 oz-----	-----	
Ground cinnamon-----	2 Tbsp-----	-----	-----	
Ground nutmeg-----	1 Tbsp-----	-----	-----	
Cornstarch-----	1-1/3 cups-----	6 oz-----	-----	

(over)

APPLE COBBLER--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
9. Cover apples with pastry. Cut slits in pastry.				
10. Bake at 425°F (hot oven) 40 minutes or until pastry is brown and filling is bubbly.				

BAKED CUSTARD

Serving size: About 1/2 cup

Desserts

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Sugar-----	1 qt-----	1 lb 1-1/2 oz----	-----	1. Mix sugar, salt, and eggs.
Salt-----	2 tsp-----	-----	-----	2. Stir in milk and vanilla.
Eggs, beaten-----	48 large-----	5 lb 4 oz----	-----	3. Pour into 4 baking pans (about 12 by 20 inches), about 3-1/4 quarts or 7 pounds per pan.
Skim milk, heated-----	2-1/2 gal-----	-----	-----	4. Sprinkle with nutmeg.
Vanilla-----	1/4 cup-----	-----	-----	5. Bake at 350°F (moderate oven) 20 to 25 minutes or until set.
Nutmeg-----	As desired-----	-----	-----	

CRANBERRY-APPLE TAPIOCA WITH PEARS

Serving size: About 1/2 cup

Desserts

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Tapioca-----	1 qt-----	1 lb 6-1/2 oz----	-----	1. Mix tapioca, sugar, salt, and cloves.
Sugar-----	2 cups-----	14 oz-----	-----	2. Stir in juices.
Salt-----	1 Tbsp-----	-----	-----	3. Cook, stirring constantly, until mixture comes to a boil. Remove from heat.
Ground cloves-----	1 tsp-----	-----	-----	4. Cool, stirring occasionally.
Cranberry juice cocktail----	1 gal-----	-----	-----	
Apple juice-----	1 gal-----	-----	-----	
Pear halves in light sirup, drained, diced.	3 cans, 106 oz each.	-----	-----	5. Fold pears into tapioca mixture. 6. Chill thoroughly.

LEMON PUDDING

Desserts

Serving size: 1/2 cup

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Sugar-----	3 qt-----	5 lb 4 oz-----	-----	1. Add sugar and salt to 1-1/2 gallons water. Heat to simmering.
Salt-----	1 Tbsp-----	-----	-----	
Water-----	1-1/2 gal----	-----	-----	
Eggs-----	16 large-----	1 lb 12 oz-----	-----	2. Beat eggs; mix in 3 quarts water. Stir mixture slowly into cornstarch. Mix well.
Water-----	3 qt-----	-----	-----	
Cornstarch-----	4-1/2 cups----	1 lb 4 oz-----	-----	
				3. Add egg-cornstarch mixture slowly to heated mixture, stirring constantly. Continue to stir until mixture reaches boiling.
Frozen lemon juice, thawed.	1-1/2 qt-----	-----	-----	4. Remove from heat. Stir in juice, rind, and margarine.
Lemon rind, grated-----	1/4 cup-----	-----	-----	
Margarine-----	1 cup-----	8 oz-----	-----	
				6. Chill thoroughly.

OATMEAL-MOLASSES COOKIES

Serving size: 1 cookie

Desserts

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Shortening-----	2 cups-----	13 oz-----	-----	1. Cream shortening and sugar
Sugar-----	1-1/2 cups-----	10-1/2 oz-----	-----	until light and fluffy.
Dark molasses-----	1-1/2 cups-----	1 lb 1/2 oz-----	-----	2. Beat in molasses and eggs.
Eggs-----	4 large-----	7 oz-----	-----	
Flour-----	1-1/2 qt-----	1 lb 10-1/2 oz-----	-----	3. Mix flour, salt, soda, and
Salt-----	1-1/2 tsp-----	-----	-----	ginger.
Baking soda-----	1-1/2 tsp-----	-----	-----	4. Add flour mixture and skim
Ginger-----	2 tsp-----	-----	-----	milk alternately to shortening
Skim milk-----	2/3 cup-----	-----	-----	mixture.
Quick-cooking rolled oats-----	3 cups-----	7-3/4 oz-----	-----	5. Stir in oats and dates.
Dates, chopped-----	2 cups-----	12 oz-----	-----	6. Using a No. 60 scoop (3-1/4
				teaspoons), drop dough onto
				greased baking sheets.
				7. Bake at 375°F (moderate oven)
				15 minutes or until done.

PEACH CRISP

Serving size: About 1/2 cup

Desserts

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Peach slices in light sirup, drained.	6 cans, 106 oz each.	-----	-----	1. Place peaches in 4 pans (about 12 by 20 inches), about 3 quarts or 6 pounds 4 ounces per pan.
Brown sugar-----	1-1/2 qt, packed.	2 lb 13 oz-----	-----	2. Mix sugar, flour, oats, spices, and fat until crumbly. Spread evenly over peaches, about 1-1/4 quarts or 1 pound 14 oz per pan.
Flour-----	1-1/2 qt-----	1 lb 10-1/2 oz----	-----	3. Bake at 375°F (moderate oven) 30 minutes or until topping is lightly browned.
Quick-cooking rolled oats--	1-1/2 qt-----	15-1/2 oz-----	-----	
Nutmeg-----	3 Tbsp-----	3/4 oz-----	-----	
Ground cinnamon-----	3 Tbsp-----	3/4 oz-----	-----	
Margarine-----	1 qt-----	2 lb-----	-----	

PEACH-YOGURT DESSERT

Serving size: 1 piece, about 2 by 2 inches

Desserts

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Graham cracker crumbs-----	2 qt-----	1 lb 10 oz-----	-----	1. Mix crumbs and allspice. Stir
Ground allspice-----	1-1/2 tsp-----	-----	-----	in margarine; mix well.
Margarine-----	3/4 cup-----	6 oz-----	-----	2. Press crumb mixture in bottom
				of 2 baking pans (about 12
				by 20 inches), about 1 quart
				or 1 pound per pan.
				3. Bake at 350°F (moderate oven)
				10 minutes or until crumbs
				are lightly browned.
Sliced peaches in juice-----	8 cans, 16 oz each.	-----	-----	4. Drain peaches; save juice.
				Coarsely chop peaches.
Unflavored gelatin-----	8 envelopes, 1/4 oz each.	2 oz-----	-----	5. Mix gelatin and sugar. Add
Sugar-----	1 cup-----	7 oz-----	-----	peach liquid. Heat, stirring
Peach liquid-----	1-1/2 qt-----	-----	-----	constantly, until gelatin is
				dissolved.
Frozen orange juice concentrate, thawed.	2-2/3 cups-----	-----	-----	6. Stir in orange juice concen-
Almond extract-----	1/2 tsp-----	-----	-----	trate, almond extract, and
Vanilla-----	2 tsp-----	-----	-----	vanilla.
				7. Chill until mixture is
				consistency of egg whites.
				8. Whip until light and fluffy.

PEACH-YOGURT DESSERT--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Plain lowfat yogurt-----	8 cartons, 8 oz each.	-----	-----	<p>9. Stir in yogurt and peaches.</p> <p>10. Pour filling into baked crust, about 1-1/4 gallons or 7 pounds per pan.</p> <p>11. Chill until firm.</p>

PUMPKIN PIE

Serving size: 1/8 pie

Desserts

Ingredients	12 pies		For _____ servings	Directions
	Volume	Weight		
Flour-----	3 qt-----	3 lb 5 oz-----	-----	1. For crust, mix flour and salt. Mix in margarine until size of small peas.
Salt-----	1 Tbsp-----	-----	-----	
Margarine-----	1 qt-----	2 lb-----	-----	2. Add water and mix just until dry ingredients are moistened.
Cold water-----	1-1/2 cups-----	-----	-----	3. Roll out 12 crusts on lightly floured surface, using about 8 ounces dough for each crust.
				4. Line 12 pie pans, about 9 inches in diameter, with pastry.
Canned pumpkin-----	4-1/2 qt-----	9 lb 8 oz-----	-----	5. For filling, add pumpkin to skim milk-----
Skim milk-----	1 gal-----	-----	-----	milk; heat until bubbles appear
Granulated sugar-----	1 qt-----	1 lb 11-1/2 oz-----	-----	6. Mix sugars, flour, salt, and spices. Add eggs; mix well.
Brown sugar-----	1 qt, packed-----	1 lb 14 oz-----	-----	7. Stir egg mixture into hot pumpkin mixture.
Flour-----	1-1/2 cups-----	6-3/4 oz-----	-----	8. Fill pie crusts with mixture using 3-3/4 cups or 2 pounds per pan.
Salt-----	2 Tbsp-----	-----	-----	9. Bake at 375°F (moderate oven 40 minutes or until filling is set.
Ground cinnamon-----	1-1/3 Tbsp-----	-----	-----	
Ground nutmeg-----	2 tsp-----	-----	-----	
Ground allspice-----	1 Tbsp-----	-----	-----	
Eggs, beaten-----	24 large-----	2 lb 10 oz-----	-----	

SPICY BREAD PUDDING

Serving size: 1 piece, about 2 by 2 inches

Desserts

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Whole wheat bread, cubed----	2 gal-----	2 lb 13 oz-----	-----	1. Put bread in 2 greased baking pans (about 12 by 20 inches), about 1 gallon or 1 pound 6-1/2 ounces per pan.
Raisins-----	1 qt-----	1 lb 4-1/2 oz----	-----	
				2. Sprinkle raisins over bread, about 2 cups or 10-1/4 ounces per pan.
Eggs, beaten-----	20 large-----	2 lb 3-1/2 oz----	-----	3. Mix eggs, sugar, vanilla, salt, and spices. Stir in milk.
Brown sugar-----	1 qt, packed--	1 lb 14 oz-----	-----	
Vanilla-----	2 Tbsp-----	-----	-----	4. Pour milk-egg mixture over bread and raisins.
Salt-----	2 tsp-----	-----	-----	
Ground cinnamon-----	3 Tbsp-----	-----	-----	5. Bake at 325°F (slow oven) 45 minutes or until set.
Ground nutmeg-----	1-1/3 Tbsp----	-----	-----	
Skim milk, heated-----	1-1/4 gal-----	-----	-----	

VANILLA FROSTING

Serving size: About 1-1/3 tablespoons

Desserts

Ingredients	About 2 quarts ¹		For ____ servings	Directions
	Volume	Weight		
Margarine----- Salt-----	1-1/3 cups----- 1 tsp-----	10-1/2 oz----- -----	----- -----	1. Beat margarine until light and fluffy. Add salt.
Confectioner's sugar----- Skim milk, heated until warm. Vanilla-----	1 gal----- 1 cup----- 3 Tbsp-----	4 lb----- ----- -----	----- ----- -----	2. Add sugar and milk alternately. Beat well after each addition. 3. Add vanilla and beat until light and fluffy. 4. Spread over cake.

¹One quart of frosting will frost 1 sheet cake, about 18 x 26 inches or 2 cakes, about 12 by 20 inches each.

VANILLA PUDDING

Serving size: About 1/2 cup

Desserts

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Sugar-----	1 qt-----	1 lb 11-1/2-----	-----	1. Mix sugar and salt with 2-1/2 gallons milk. Heat to simmering.
Salt-----	1 Tbsp-----	-----	-----	
Lowfat milk, 2 percent fat-----	2-1/2 gal-----	-----	-----	
Eggs-----	12 large-----	1 lb 5 oz-----	-----	2. Beat eggs; mix with 2 quarts milk and vanilla. Stir slowly into cornstarch. Mix until smooth. 3. Stir egg mixture slowly into hot milk mixture. 4. Cook, stirring constantly, until mixture returns to simmering. 5. Remove from heat. Cool quickly, stirring occasionally. 6. Chill.
Vanilla-----	1/3 cup-----	-----	-----	
Lowfat milk, 2 percent fat-----	2 qt-----	-----	-----	
Cornstarch-----	3-1/2 cups-----	15-1/2 oz-----	-----	

VARIATION

CHOCOLATE PUDDING: Increase sugar to 1-1/2 qt (2 lb 9 oz). Add 1 lb unsweetened chocolate (coarsely chopped) to milk before heating.

YELLOW CAKE

Serving size: 1 piece, about 2 by 3-3/4 inches

Desserts

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Shortening-----	1 qt-----	1 lb 10-1/2 oz----	-----	1. Mix shortening and sugar until light and fluffy.
Sugar-----	2-1/4 qt-----	3 lb 14 oz-----	-----	
Eggs-----	16 large-----	1 lb 12 oz-----	-----	2. Add eggs and vanilla; beat until light and creamy.
Vanilla-----	2 Tbsp-----	-----	-----	
Flour-----	3-1/4 qt-----	3 lb 10 oz-----	-----	3. Mix flour, baking powder, and salt.
Baking powder-----	1/2 cup-----	3 oz-----	-----	
Salt-----	1-1/3 Tbsp-----	-----	-----	4. Add flour mixture alternately with milk to creamy mixture. Beat well after each addition.
Skim milk-----	1-1/2 qt-----	-----	-----	
				5. Pour batter into 4 greased baking pans (about 12 by 20 inches), about 2-1/2 quarts or 3 pounds 8 ounces per pan.
				6. Bake at 350°F (moderate oven) about 25 minutes or until cake surface springs back when touched lightly.

VARIATION

SPICE CAKE: Mix 3 Tbsp ground cinnamon and 1 Tbsp each of ground cloves and nutmeg with dry ingredients.

MAIN DISHES

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COOKING DRY BEANS AND PEAS

Main Dishes

Dry beans and peas may be served as a vegetable or used in a main dish.

Kind of bean	Approximate volume of 1 pound of beans ¹	Approximate amount of boiling water for each pound of beans	Approximate cooking time	Amount to buy for 100 servings 3 ounces each
	Cups	Quarts	Hours	
Blackeye peas-----	2-2/3	1-3/4	1/2	7 pounds
Garbanzos (chickpeas)-----	2-1/4	1-1/8	1-3/4	8 pounds 8 ounces
Great northern-----	2-1/2	1-3/4	1 to 1-1/2	8 pounds
Kidney beans-----	2-1/2	1-3/4	2	8 pounds
Lentils ² -----	2-3/8	1-3/4	1/2	7 pounds
Lima beans, large-----	2-1/2	1-3/4	1	7 pounds 12 ounces
Lima beans, small-----	2-3/8	1-3/4	1	8 pounds 4 ounces
Pea beans (Navy)-----	2-1/4	1-3/4	1-1/2 to 2	8 pounds 4 ounces
Peas, split ³ -----	2-1/4	1-1/4	1/3	7 pounds 12 ounces
Peas, whole-----	2-1/4	1-1/2	1	8 pounds
Pinto beans-----	2-3/8	1-3/4	2	8 pounds 4 ounces
Soybeans-----	2-1/8	2-1/4	2 to 3	8 pounds 8 ounces

¹ One pound of all kinds of beans or peas except lentils will yield approximately 5-3/4 cups of beans or peas after cooking. Lentils will yield 6-1/2 cups.

² Lentils may be cooked without soaking. Omit step 2.

³ Split peas are soaked only 1/2 hour in step 2.

COOKING DRY BEANS AND PEAS--Continued

Directions for Soaking and Cooking Dry Beans and Peas

1. Sort beans; wash, if needed.
2. Add beans to boiling water. Boil 2 minutes.
Remove from heat. Cover and let soak 1 hour or
if more convenient, cool and let stand overnight
in refrigerator.
3. Add 1/2 teaspoon salt for each pound of dry beans.
Cook in soaking liquid until tender. Use the
cooking time in the table as a guide. Add boiling
water, if needed.
4. Drain; serve or use in recipe.

COOKING EGGS

Main Dishes

To assure best eating quality, eggs should be cooked at low to moderate temperatures. Hard-cooked or well-done scrambled eggs are suitable forms of eggs to serve in quantity food services keeping food safety in mind. (See General Information, page 7 for precautions on the use of both fresh and processed eggs.) Directions given on this page are for fresh eggs; processed eggs should be prepared according to package directions.

Preparing Hard-Cooked Eggs in Shell

1. Bring sufficient water to a boil in heavy stockpot or steam-jacketed kettle to cover eggs.
Cook in batches of 50 eggs for ease in handling.
 2. Gently lower eggs into water, using perforated basket or large slotted spoon.
 3. Return water to simmering. Simmer 20 minutes.
 4. Remove eggs from stockpot or kettle. Plunge into cold water.
5. To serve warm, remove eggs immediately from cold water. Serve.
 - or
 - To serve cold or use in salads, hold eggs in cold water until eggs are cool, about 10 minutes. Change water if necessary to keep it cold. Refrigerate. To crack and shell eggs, roll eggs gently to break shell. Start peeling from large end.

Serving size: About 1/4 cup or 1 egg Preparing Scrambled Eggs (using fresh eggs)

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Eggs, shelled-----	100 large-----	11 lb-----	-----	1. Break eggs, a few at a time, into small bowl. Any shell fragments in bowl should be removed. Pour broken out eggs into mixer bowl. 2. When all eggs are in mixer bowl, beat slightly to break yolks.
Skim milk-----	3 cups-----	-----	-----	3. Add milk and salt. Beat until well mixed.
Salt-----	2 Tbsp-----	-----	-----	
Margarine, melted-----	1/4 cup-----	2 oz-----	-----	4. Place 2 tablespoons margarine in each of two baking pans (about 12 by 20 inches). 5. Pour egg mixture into pans, about 3 quarts or 6 pounds 6 ounces per pan. 6. Bake at 350°F (moderate oven) until eggs are well done and dry, about 25 minutes, stirring after 15 minutes and again after 20 minutes. 7. Stir to break up large chunks. Serve with No. 16 scoop (1/4 cup).

ROASTING MEATS

Main Dishes

Tender cuts of meat can be roasted in an open pan without added liquids. Beef for roasting should be of choice grade; beef of lower grades is often better pot roasted or braised (Main Dishes, page 69). Suggested meat cuts for roasting are included in the timetable that follows:

DIRECTIONS FOR ROASTING MEATS

1. Trim fat from roasts.
2. Place roasts on racks in shallow open roasting pans. Allow space in pans between roasts.
3. Insert a meat thermometer into the center of the smallest roast so the tip is not touching bone, fat, or gristle.
4. Roast at 325°F (slow oven) until the thermometer registers the temperature given in the timetable or until the meat is tender. The timetable serves as a guide to roasting time. For roasting

temperature and time in a convection oven, follow manufacturer's instructions.

5. Remove roast from pan. Move thermometer to the next larger roast; follow this procedure until all the meat is cooked.
6. Let roasts stand 15 to 20 minutes; then slice and serve immediately to insure highest quality.

ROASTING MEATS--Continued

Timetable for Roasting Meats at 325°F (slow oven)

Kind of meat and approximate weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate roasting time ¹	Internal temperature of meat when done
		Hours	°F
Beef:			
Rib, boneless, 5 to 7 pounds-----	39 pounds-----	3-1/4 to 4-1/2	160
Round, boneless, top or inside, 5-1/4 to 8 pounds.	30 pounds 4 ounces-----	3-1/4 to 4	160
Rump, boneless, 4 to 6 pounds-----	30 pounds 12 ounces----	2 to 2-1/2	160
Sirloin tip, boneless, 6 to 8 pounds---	31 pounds 12 ounces----	3-1/2 to 4	160
Lamb:			
Leg, boneless, 4 to 7 pounds-----	30 pounds 12 ounces----	2-1/4 to 3-1/2	180
Shoulder, boneless, 3-1/2 to 5 pounds-	33 pounds 8 ounces-----	2-1/4 to 3	180
Pork, fresh:			
Ham, boneless, rolled, 10 to 14 pounds-	34 pounds 12 ounces----	4-1/2 to 5-1/2	170
Shoulder (Boston butt), boneless, 4 to 6 pounds.	34 pounds 12 ounces----	3 to 4	170
Shoulder (picnic), bone in, 5 to 8 pounds.	41 pounds-----	3 to 4	170
Spareribs, bone in, 2 to 3 pounds----	48 pounds-----	1-1/2 to 2-1/2	Well done
			(over)

(over)

Timetable for Roasting Meats at 325°F (slow oven)---Continued

Main Dishes

Kind of meat and approximate weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate roasting time ¹	Internal temperature of meat when done
		Hours	°F
Pork, cured, cook-before-eating:			
Ham, whole, bone in, 10 to 14 pounds---	28 pounds 8 ounces----	3 to 4	160
Shoulder (Boston butt), boneless, 2 to 4 pounds.	31 pounds 4 ounces----	1 to 2	170
Shoulder (picnic), bone in, 5 to 8 pounds.	34 pounds 12 ounces----	3 to 4	170
Pork, cured, fully cooked:			
Ham, bone in, 12 to 16 pounds-----	28 pounds 4 ounces----	3-1/2 to 4	140
Ham, canned, 6 to 10 pounds-----	29 pounds 8 ounces----	1-1/2 to 2-1/2	140
Veal:			
Leg, boneless, 3-1/2 to 7 pounds-----	31 pounds 12 ounces----	2 to 3	170
Shoulder, boneless, 3 to 5 pounds-----	31 pounds 4 ounces----	2-1/4 to 3-1/2	170

¹ Frozen meat may be cooked without thawing first if up to one and a half longer cooking time is allowed. Insert meat thermometer after meat is thawed in the oven and cook to desired internal temperature.

Less tender cuts of meat are often braised or pot roasted in a covered pan with or without added liquid. Beef cuts of good grade should generally be braised or pot roasted. Suggested meat cuts for braising and amounts to buy for 100 servings are included in the timetable on next page.

DIRECTIONS FOR BRAISING OR POT ROASTING

1. Brown the meat slowly on all sides. Roasts can be browned in a kettle on top of the range, in a roasting pan in the oven, or in a tilting skillet. Steaks, shortribs, stew meat, chops, and cutlets can be browned on a grill, in the oven, or in a tilting skillet.
2. Cook meat with no additional moisture or add a small amount of liquid, if desired. Cover pan. Simmer on top of range or in tilting kettle, or bake at 350°F (moderate oven), until meat is tender. The timetable serves as a guide to braising time.
3. Remove roasts from pan and let stand 15 to 20 minutes; slice and serve.

(over)

BRAISING OR POT ROASTING MEATS--Continued

Timetable for Braising or Pot Roasting Meats

Kind of meat and approximate thickness or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate cooking time ¹
Hours		
Beef:		
Chuck, boneless, 4 to 6 pounds-----	34 pounds 4 ounces-----	3 to 4
Brisket, fresh, boneless, 6 to 8 pounds----	41 pounds-----	4 to 5
Flank steak, boneless, 1/2-inch thick-----	28 pounds-----	1-1/2 to 2
Round, boneless, 10 pounds-----	32 pounds 4 ounces-----	3 to 5
Round steak, boneless, 1/2-inch thick-----	32 pounds 4 ounces-----	3/4 to 1
Shortribs, bone in, 2 by 2 by 2 inches each.	50 pounds 12 ounces-----	1-1/2 to 2
Stew meat, 1-inch boneless cubes-----	31 pounds 4 ounces-----	1 to 1-1/2
Lamb:		
Chops, shoulder, bone in, 3/4-inch thick----	41 pounds-----	3/4
Shoulder, boneless, 3 to 5 pounds-----	32 pounds 4 ounces-----	2 to 2-1/2
Stew meat, 1-1/2-inch boneless cubes-----	29 pounds-----	1-1/2 to 2
Pork:		
Chops, loin or rib, bone in, 3/4-inch thick	45 pounds 12 ounces-----	3/4 to 1
Spareribs, bone in, 2 to 3 pounds-----	48 pounds-----	1-1/2
Shoulder steak, boneless, 3/4-inch thick----	27 pounds 8 ounces-----	3/4 to 1
Stew meat, 1-inch boneless cubes-----	31 pounds 12 ounces-----	3/4 to 1

Timetable for Braising or Pot Roasting Meats--Continued

Main Dishes

Kind of meat and approximate thickness or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate cooking time ¹
Hours		
Veal:		
Chops, loin or rib, bone in, 1/2- to 3/4- inch thick.	41 pounds-----	3/4 to 1
Chuck, boneless, 3 to 5 pounds-----	33 pounds 8 ounces-----	2 to 2-1/2
Stew meat, 1-inch boneless cubes-----	30 pounds 4 ounces-----	1-1/2 to 2

¹ Frozen meat may be cooked without thawing first if up to one and a half longer cooking time is allowed.

SIMMERING MEATS

Main Dishes

Some less tender and highly flavored cuts of meat are generally simmered or stewed in enough water to cover the meat. Suggested meat cuts for this method of cooking are given in the table.

DIRECTIONS FOR SIMMERING MEATS

1. Brown meat in a kettle, pot, or tilting skillet, and cover with water. For variety, add vegetables or seasonings such as carrots, celery, onions, bay leaves, thyme, marjoram, and parsley.
2. Cover; bring to simmering. Simmer until fork tender. The timetable serves as a guide to simmering time.
3. Remove meat from pot. Let large pieces stand 20 minutes; slice and serve.

Timetable for Simmering Meats

Kind of meat and approximate size or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate simmering time
Beef:		
Brisket, corned, boneless, 6 to 8 pounds----	44 pounds 12 ounces-----	4 to 5
Brisket, fresh, bone in, 4 to 8 pounds-----	41 pounds-----	4 to 5
Shank, bone in, cross-cut, 4 pounds-----	28 pounds 8 ounces-----	3 to 4
Stew meat, 1-1/2-inch boneless cubes-----	33 pounds 8 ounces-----	1-1/2 to 2
Tongue, fresh, 3 to 4 pounds-----	32 pounds 4 ounces-----	3 to 4
Pork, cured, cook-before-eating:		
Half ham, bone in, 5 to 7 pounds-----	35 pounds 4 ounces-----	2 to 3
Shoulder (Boston butt), boneless, 2 to 3 pounds.	31 pounds 4 ounces-----	2 to 3
Shoulder (picnic), bone in, 5 to 8 pounds----	34 pounds 12 ounces-----	3 to 4-1/2

Timetable for Simmering Meats--Continued

Kind of meat and approximate size or weight of each cut	Approximate amount to buy for 100 servings, 3 ounces lean meat each	Approximate simmering time
Hours		
Pork, fresh:		
Stew meat, 1-inch boneless cubes-----	30 pounds 4 ounces-----	1-1/2 to 2-1/2
Lamb:		
Stew meat, 1-1/2-inch boneless cubes-----	29 pounds-----	1-1/2 to 2
Veal:		
Stew meat, 1-inch boneless cubes-----	30 pounds 4 ounces-----	1-1/2 to 2

PREPARING POULTRY FOR COOKING

Main Dishes

Poultry may be purchased either chilled or frozen. Chilled poultry should be stored in the coldest part of the refrigerator. Frozen poultry should be stored at 0°F or below. Whole poultry frozen without giblets, poultry parts, and roasts may be cooked without thawing. Cook all commercially frozen stuffed poultry from the frozen state; never thaw.

DIRECTIONS FOR THAWING POULTRY

1. Keep poultry frozen until time to thaw. Thaw in the refrigerator or under cold running water following the directions given below.
2. To thaw in refrigerator, place poultry in wrapper on trays or in shallow pans. Space on shelves in the refrigerator so air can circulate around packages. Thaw poultry until pliable and giblets can be removed from cavity of whole poultry. Allow time for thawing as follows:
3. To thaw under cold water, keep poultry in original watertight wrapper. If wrapper is not watertight, place poultry in another bag that is watertight, place poultry under cold running water (70°F or below) with sufficient velocity to agitate and float off loose particles. Allow time for thawing as follows:

3 to 4 pounds.....	1 hour
4 to 12 pounds.....	4 to 6 hours
12 to 20 hours.....	6 to 8 hours
20 to 24 hours.....	8 to 12 hours

Be sure to sanitize sink following thawing of poultry.

4. Clean thawed poultry using directions for cleaning. Cook promptly.

| Kind of poultry | Approximate thawing time | |-----------------|--------------------------| |-----------------|--------------------------|

Chickens:	
4 pounds or over-----	1 to 1-1/2 days
Less than 4 pounds-----	12 to 16 hours
Turkeys:	
4 to 12 pounds-----	1 to 2 days
12 to 20 pounds-----	2 to 3 days
20 to 24 pounds-----	3 to 4 days
Pieces of large turkey (half, quarter, half breast)-----	1 to 2 days
Cut-up pieces-----	3 to 9 hours
Boneless roasts-----	12 to 18 hours

PREPARING POULTRY FOR COOKING--Continued

DIRECTIONS FOR CLEANING CHILLED OR THAWED POULTRY

1. Remove neck and giblets from whole poultry if packed in the body cavities.
2. Remove any pinfeathers or pieces of lung or windpipe from the poultry. Wash whole poultry and pieces thoroughly, inside and out, in cold running water. Drain. Chilled, thawed, and frozen poultry should be washed before cooking.
3. Cook poultry and giblets promptly or cover loosely with waxed paper and refrigerate. Do not hold thawed poultry longer than 24 hours before cooking or chilled poultry longer than 1 to 2 days from the time of purchase.

ROASTING TURKEY

Main Dishes

Whole turkeys, turkey pieces, or boneless turkey roasts may be roasted in open pans without added liquid. Whole turkeys should be roasted without stuffing. Stuffing may be baked separately; see Breads and Cereals, page 32.

DIRECTIONS FOR ROASTING WHOLE TURKEYS, TURKEY PIECES,
AND BONELESS TURKEY ROASTS

1. Thaw and clean turkey according to directions on pages 74 and 75, Main Dish Section. Whole turkeys frozen without giblets, turkey pieces, and boneless turkey roasts may be roasted without thawing.
2. On whole turkeys, fold the neck skin over to the back and fasten with a skewer. Tie legs together over the body opening or if there is a band of skin above the tail, tuck legs into it.
3. Place whole turkeys, turkey pieces, or boneless turkey roasts on racks in shallow pans.
4. Insert thermometer in whole turkeys so the thermometer is in the center of the inner thigh muscle

toward the body. Insert thermometer into the center of the thickest part of the breast or thigh pieces and into the center of the turkey roast. Be sure the thermometer does not touch bone.

5. Roast at 325°F (slow oven) until thermometer registers 185°F for whole turkeys and turkey pieces and 170°F for turkey roasts. Other tests for doneness are juice is clear with no pink color, the meat on the fleshy part of the thigh is soft when pressed with protected fingers, the leg joint moves easily, and the hip joint gives readily or breaks. The timetable on the next page is a guide to roasting time.

ROASTING TURKEY--Continued

Timetable for Roasting Turkey at 325°F (slow oven)

Form of turkey and approximate weight	Amount to buy for 100 servings, 3 ounces meat without skin and bone each	Approximate cooking time ¹
		Hours
Whole:		
12 to 16 pounds-----	44 pounds-----	3-1/2 to 4-1/2
16 to 21 pounds-----	44 pounds-----	4-1/2 to 6
21 to 26 pounds-----	44 pounds-----	6 to 7-1/2
Halves, 8 to 12 pounds-----	44 pounds-----	2-1/4 to 4
Quarters, 3 to 8 pounds-----	44 pounds-----	1-1/2 to 3-1/2
Pieces:		
Breast, 8 to 12 pounds-----	36 pounds-----	3 to 4
Leg (drumstick and thigh), 3 to 8 pounds-----	38 pounds 4 ounces-----	1-3/4 to 3
Boneless roasts, 3 to 10 pounds-----	31 pounds-----	3 to 4

¹ Whole turkeys frozen without giblets and other frozen forms of turkey may be roasted without thawing. Extra time will be needed.

STEWING OR STEAMING CHICKEN OR TURKEY

Main Dishes

Mature chickens or turkeys require stewing or steaming to make them tender and bring out the full flavor. Young poultry cooked by these methods will take less time to cook, but the broth may not be as flavorful as that from mature poultry.

DIRECTIONS FOR STEWING CHICKEN OR TURKEY

1. Thaw and clean chicken or turkey according to directions on pages 74 and 75, Main Dish Section. Whole chickens or turkeys frozen without giblets may be cooked without thawing.
2. To stew chicken or turkey, put in stock pot or steam-jacketed kettle. Add enough hot water to barely cover chicken or turkey. Season with vegetables and herbs as desired. Cover and simmer until tender. Use timetable below as a guide.

Timetable for Stewing Chicken or Turkey

Kind of poultry and approximate weight	Amount to buy for 100 servings, 3 ounces meat without skin and bone each	Approximate stewing time ¹
		Hours
Chickens, 2-1/2 to 4 pounds-----	49 pounds-----	1 to 1-1/2
Chickens, 4 to 8 pounds-----	49 pounds-----	2 to 4
Turkeys, 18 to 20 pounds-----	44 pounds-----	3 to 3-1/2

¹ Chickens or turkeys frozen without giblets may be cooked without thawing. Extra time will be needed.

STEWING OR STEAMING CHICKEN OR TURKEY--Continued

DIRECTIONS FOR STEAMING CHICKEN OR TURKEY

1. Thaw and clean chicken or turkey according to directions on pages 74 and 75, Main Dish Section. Whole chickens or turkeys frozen without giblets may be cooked without thawing.
2. To steam chicken or turkey, place in solid steamer pans. Steam until tender. Use timetable below as a guide to steaming time at 5 pounds pressure. Use manufacturer's timetable for steamers operating at different pressures.

Timetable for Steaming Chicken or Turkey

Kind of poultry and approximate weight	Amount to buy for 100 servings, 3 ounces meat without skin and bone each	Approximate steaming time at 5 pounds pressure ¹
--	--	---

Hours

Chickens, 2-1/2 to 4 pounds-----	49 pounds-----	1 to 1-1/2
Chickens, 4 to 8 pounds-----	49 pounds-----	1 to 2
Turkeys, 18 to 20 pounds-----	44 pounds-----	2 to 2-1/2

¹ Chickens or turkeys frozen without giblets may be cooked without thawing. Extra time will be needed.

(over)

STEWING OR STEAMING CHICKEN OR TURKEY--Continued

Main Dishes

DIRECTIONS FOR COOLING COOKED CHICKEN OR TURKEY

1. Remove chicken or turkey from broth and place on sheet pans or trays.
2. Place container of broth in cold water or ice water. Keep water cold. Stir frequently to hasten cooling. Pour cooled broth in containers of 1 gallon or less. Cover; store in refrigerator. Use within 2 days after cooking.
3. When chickens or turkeys are cool enough to handle, remove meat from bones. Spread to cool. When cool, wrap meat loosely in waxed paper or foil. Store in refrigerator. Use within 2 days after cooking.

Fish and shellfish must be properly handled during storage, thawing, preparation, cooking, and serving to avoid spoilage or serious food poisoning.

DIRECTIONS FOR STORING

- . Canned fish and shellfish should be stored in a cool, dry place.
- . Fresh fish and shellfish should be delivered packed in crushed ice. Fresh fish and shellfish should be stored in the refrigerator at 35° to 40°F until removed for cooking.
- . Do not hold fresh fish and shellfish longer than 1 day before cooking.
- . Frozen fish and shellfish should be delivered hard frozen. Frozen fish and shellfish should be stored in the freezer at 0°F or below until removed for thawing and cooking.

DIRECTIONS FOR THAWING

1. Schedule thawing so that fish or shellfish will be cooked soon after it is thawed. Do not hold thawed fish or shellfish longer than 1 day before cooking.
2. Remove fish or shellfish from the cartons and place the individual packages or cans on trays in the refrigerator at 35° to 40°F to thaw. Allow 24 to 36 hours for thawing 1-pound packages or cans and 48 to 72 hours for thawing 5-pound solid packed packages or gallon cans.
3. Do not thaw at room temperature or in warm water.
4. Do not refreeze.
5. Battered or breaded fish and shellfish should not be thawed before cooking.
6. Frozen fillets and steaks may be cooked without thawing if additional cooking time is allowed. Fillets or steaks to be breaded or stuffed should be thawed.

COOKING FISH AND SHELLFISH

Main Dishes

Fish and shellfish may be cooked by any of several cooking methods.
Suggested cooking methods for the various fish and shellfish are given in the table below.
Schedule the cooking so that fish or shellfish will be served soon after it is cooked.

Cook only until fish flesh becomes opaque and flakes easily when tested with a fork. Do not overcook.
Use the timetable below as a guide for cooking fish and shellfish.

Timetable for Cooking Fish and Shellfish

Cooking method	Kind of fish	Amount to buy for 100 servings, 3 ounces each	Cooking temperature	Approximate cooking time
Baking-----	Fish:			Minutes
	Fillets-----	26 pounds 12 ounces----	350°F-----	30 to 40
	Pan-dressed-----	41 pounds 12 ounces----	350°F-----	35 to 45
	Portions or sticks:			
	Battered, fried-----	18 pounds 12 ounces ¹ ----	425°F-----	30 to 40
	Breaded, fried-----	18 pounds 12 ounces ¹ ----	400°F-----	15 to 20
	Steaks-----	28 pounds 8 ounces----	350°F-----	30 to 40

See footnotes on page 84.

Timetable for Cooking Fish and Shellfish--Continued

Cooking method	Kind of fish	Amount to buy for 100 servings, 3 ounces each	Cooking temperature	Approximate cooking time
Broiling-----	Fish:			Minutes
	Fillet-----	26 pounds 12 ounces-----	Broil-----	10 to 15
	Pan-dressed-----	41 pounds 12 ounces-----	Broil-----	10 to 16
	Steaks-----	28 pounds 8 ounces-----	Broil-----	10 to 15
	Shellfish:			
	King crab legs-----	37 pounds 8 ounces-----	Broil-----	8 to 10
	Lobsters-----	100 lobsters ² -----	Broil-----	12 to 15
	Spiny lobster tails-----	37 pounds 8 ounces-----	Broil-----	10 to 15
Poaching-----	Fish:			
	Fillet-----	26 pounds 14 ounces-----	Simmer-----	5 to 10
	Steaks-----	28 pounds 8 ounces-----	Simmer-----	5 to 10
Simmering-----	Shellfish:			
	Blue crabs-----	133 pounds 8 ounces-----	Simmer-----	10 to 15*
	Lobsters-----	100 lobsters ² -----	Simmer-----	15 to 20*
	Scallops-----	30 pounds, shucked-----	Simmer-----	3 to 4*
	Shrimp, headless-----	37 pounds 8 ounces, in shell.	Simmer-----	3 to 5*

*Drain immediately.
See footnotes on page 84.

(over)

Timetable for Cooking Fish and Shellfish--Continued

Main Dishes

Cooking method	Kind of fish	Amount to buy for 100 servings, 3 ounces each	Cooking temperature	Approximate cooking time
Simmering (continued)	Shellfish (continued)			Minutes
Steaming-----	Spiny lobster tails----	37 pounds 8 ounces-----	Simmer-----	10 to 15*
	Fish:			
	Fillet-----	28 pounds 12 ounces-----	Steam-----	5 to 10
	Steaks-----	28 pounds 8 ounces-----	Steam-----	5 to 10
	Shellfish:			
	Blue crabs-----	133 pounds 8 ounces-----	Steam-----	10 to 15
	Lobsters-----	100 lobsters ² -----	Steam-----	15 to 20
	Shrimp, headless-----	37 pounds 8 ounces, in shell.	Steam-----	3 to 5
	Spiny lobster tails-----	37 pounds 8 ounces-----	Steam-----	10 to 15

¹ 3-ounce serving includes batter coating or breading.

² Lobsters, 1 to 1-1/4 pounds each, yield 4 to 5 ounces cooked meat.

BAKED BEANS

Serving size: About 3/4 cup

Main Dishes

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Dry Navy beans-----	2 gal-----	14 lb-----	-----	1. Sort and wash beans.
Boiling water-----	5 gal-----	-----	-----	2. Add beans to boiling water. Return to boiling. Boil 2 minutes. Remove from heat; cover. Soak 1 hour or place in refrigerator overnight.
Salt-----	2 Tbsp-----	-----	-----	3. Add salt to beans. Cover and cook gently until beans are tender, about 1-1/2 hours. Drain; save 1-3/4 gallons bean liquid.
				4. Place cooked, drained beans in 4 pans (about 12 by 20 inches), about 1-1/4 gallons or 8 pounds per pan.
Hot bean liquid-----	1-3/4 gal-----	-----	-----	5. Mix remaining ingredients.
Frozen chopped onions-----	3 qt-----	2 lb 15 oz-----	-----	Pour over beans in pans, about 3 quarts or 6 pounds 8 ounces per pan.
Tomato puree-----	3 cans, 29 oz each.	5 lb 8 oz-----	-----	

(over)

BAKED BEANS--Continued

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Dark molasses-----	1 qt-----	2 lb 12 oz-----	-----	6. Bake at 350°F (moderate oven) 2 hours; stir after 1 hour. Stir again, if needed, to prevent drying.
Dry mustard-----	1/4 cup-----	-----	-----	
Ground cloves-----	1 Tbsp-----	-----	-----	
Ground ginger-----	2 tsp-----	-----	-----	
Salt-----	2 Tbsp-----	-----	-----	
Pepper-----	2 tsp-----	-----	-----	
Worcestershire sauce-----	2 Tbsp-----	-----	-----	

BAKED FLOUNDER

Serving size: 1 piece

Main Dishes

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Fresh or frozen flounder fillets.	-----	26 lb-----	-----	<ol style="list-style-type: none"> 1. Thaw frozen fillets (page 81). Divide into 100 servings, about 4 ounces each. 2. Place in a single layer, skin side down on 4 greased sheet pans (about 18 by 26 inches), 25 servings per pan.
Margarine, melted-----	2 cups-----	1 lb-----	-----	3. Mix margarine, lemon juice, lemon rind, salt, and pepper.
Lemon juice-----	2 cups-----	-----	-----	4. Pour mixture over fish, about 1 cup or 3 ounces per pan.
Lemon rind, grated-----	1/2 cup-----	-----	-----	5. Bake at 350°F (moderate oven) 25 to 30 minutes or until fish flakes easily when tested with a fork.
Salt-----	2 Tbsp-----	-----	-----	
Pepper-----	2 tsp-----	-----	-----	

BAKED MACARONI AND CHEESE

Serving size: About 2/3 cup

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Elbow macaroni-----	-----	6 lb-----	-----	1. Cook macaroni in boiling water until tender, about 12 minutes. Drain.
Boiling water-----	6 gal-----	-----	-----	
				2. Place in 4 baking pans (about 12 by 20 inches), about 2-3/4 quarts or 4 pounds per pan.
Margarine-----	1 cup-----	8 oz-----	-----	3. Melt margarine; stir in flour, mustard, and salt.
Flour-----	2 cups-----	9 oz-----	-----	4. Gradually stir in milk. Cook, stirring constantly, until thickened.
Dry mustard-----	3 Tbsp-----	-----	-----	5. Add cheese; stir until cheese melts.
Salt-----	1-1/3 Tbsp-----	-----	-----	6. Pour sauce over cooked macaroni, about 2-1/2 quarts or 5 pounds 10 ounces per pan.
Skim milk, heated-----	2 gal-----	-----	-----	7. Bake at 350°F (moderate oven) 35 to 40 minutes until lightly browned.
Process Cheddar cheese, shredded.	-----	6 lb-----	-----	

BAKED STUFFED COD

Serving size: 1 piece, about 2 by 3-3/4 inches

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen cod fillets-----	-----	25 lb-----	-----	1. Thaw frozen fish fillets (page 81).
Frozen chopped onions-----	2 qt-----	1 lb 15-1/2 oz----	-----	2. Cook onions and celery in
Celery, chopped-----	2 qt-----	2 lb 1-1/2 oz----	-----	margarine until tender.,
Margarine-----	1 cup-----	8 oz-----	-----	3. Stir in bread cubes, parsley,
Dry bread cubes-----	3 gal-----	4 lb 7 oz-----	-----	seasonings, and milk; toss
Parsley, chopped-----	1 cup-----	-----	-----	to mix.
Poultry seasoning-----	3 Tbsp-----	-----	-----	4. Arrange half the fillets in
Salt-----	2 Tbsp-----	-----	-----	4 greased baking pans (about
Pepper-----	2 tsp-----	-----	-----	12 by 20 inches), about
Skim milk-----	2 cups-----	-----	-----	3 pounds per pan.
				5. Spread bread cube mixture over
				fillets, using about 1 gallon
				or 2 pounds 4 ounces per pan.
				6. Arrange remaining fillets over
				bread cube mixture, about 3
				pounds per pan.
Margarine, melted-----	1 cup-----	8 ounces-----	-----	7. Brush fillets with 1 cup
				melted margarine.
				8. Cover pans and bake at 325°F
				(slow oven) 40 minutes.

(over)

BAKED STUFFED COD--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Margarine, melted-----	1/2 cup-----	4 ounces-----	-----	9. Mix 1/2 cup margarine with parsley. Uncover fillets and brush with margarine mixture. 10. Return to oven and bake uncovered an additional 10 minutes or until fish flakes easily when tested with a fork.
Parsley, chopped-----	1/2 cup-----	-----	-----	

BEEF-POTATO PIE

Serving size: About 2/3 cup beef mixture and 1/3 cup potatoes

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Lean beef stew cubes-----	-----	16 lb-----	-----	1. Trim fat from beef cubes.
Boiling water-----	1-1/2 gal-----	-----	-----	2. Brown cubes well. Drain off fat.
Salt-----	1/4 cup-----	-----	-----	3. Add water and salt. Cover; cook until beef is tender, about 2 hours.
Frozen small whole onions--	1 gal-----	4 lb 14 oz-----	-----	4. Add onions and carrots to beef; cook 5 minutes. Add
Frozen sliced carrots-----	1-1/2 gal-----	6 lb 12 oz-----	-----	peas, cook 5 minutes longer.
Frozen green peas-----	1 gal-----	5 lb-----	-----	
Flour-----	3 cups-----	14-1/2 oz-----	-----	5. Mix flour, pepper, and water until smooth. Gently stir
Pepper-----	1/2 tsp-----	-----	-----	into meat and vegetable mixture. Cook, stirring
Water-----	3 cups-----	-----	-----	constantly, until thickened.
				6. Pour mixture into 4 baking pans (about 12 by 20 inches), about 1 gallon or 8 pounds 8 ounces per pan.

(over)

BEEF-POTATO PIE--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Potatoes, pared-----	-----	11 lb 4 oz-----	-----	7. Boil potatoes until tender.
Skim milk, heated-----	About 1 qt-----	-----	-----	Drain.
Salt-----	1-1/3 Tbsp-----	-----	-----	8. Mash potatoes in mixer until smooth. Add salt and margarine.
Margarine-----	3/4 cup-----	6 oz-----	-----	Gradually add enough milk to moisten. Beat on high speed until potatoes are light and fluffy.
				9. Spread mashed potatoes on beef mixture in pans, about 2 quarts or 3 pounds 7-1/2 ounces per pan.
Paprika-----	As desired-----	-----	-----	10. Sprinkle potatoes with paprika.
				11. Bake at 400°F (hot oven) 30 minutes or until potatoes are lightly browned.

CHICKEN CACCIATORE

Serving size: 1 breast half or leg and 1/3 cup sauce

Main Dishes

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Chicken breast halves-----	50 pieces-----	17 lb 4 oz-----	-----	1. Wash chicken. Drain.
Chicken legs (drumstick and thigh).	50 pieces-----	21 lb-----	-----	2. Place chicken pieces in 6 baking pans (about 12 by 20 inches), 16 to 17 pieces per pan.
				3. Bake at 400°F (hot oven) until chicken is brown, about 1 hour.
Frozen chopped onions-----	2 qt-----	1 lb 15-1 1/2 oz-----	-----	4. Cook onions in boiling water until tender. Stir in remaining ingredients.
Boiling water-----	1 qt-----	-----	-----	5. Bring to boiling. Cook 10 minutes to blend flavors.
Tomatoes-----	2 cans, 102 oz each.	-----	-----	6. Pour tomato mixture over chicken pieces, about 1-1/2 quarts or 3 pounds 4 ounces per pan.
Tomato puree-----	2 cans, 29 oz each.	-----	-----	7. Return to oven and bake 20 to 25 minutes or until chicken is tender.
Oregano leaves-----	1/4 cup-----	-----	-----	
Celery seed-----	2 Tbsp-----	-----	-----	
Garlic powder-----	1 tsp-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Salt-----	3 Tbsp-----	-----	-----	

CHICKEN-CORN CASSEROLE

Serving size: About 1/2 cup

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen chopped onions-----	2 cups-----	8 oz-----	-----	1. Cook onions, green peppers, and celery in margarine until tender.
Frozen chopped green peppers.	2 cups-----	10 oz-----	-----	
Celery, chopped-----	2 cups-----	8-1/2 oz-----	-----	
Margarine-----	1-1/3 cups-----	10-1/2 oz-----	-----	
Flour-----	2-2/3 cups-----	12 oz-----	-----	2. Stir in flour, salt, and pepper.
Salt-----	2 Tbsp-----	-----	-----	
Pepper-----	2 tsp-----	-----	-----	
Skimmed chicken broth, unsalted, heated.	1-1/4 gal-----	-----	-----	
Whole kernel corn, drained-----	2 cans, 106 oz each.	-----	-----	4. Mix hot mixture with corn, chicken, and cheese.
Cooked chicken, diced-----	2 gal-----	9 lb 8 oz-----	-----	
Process Cheddar cheese, shredded.	1-1/2 qt-----	1 lb 6 oz-----	-----	
Fine dry breadcrumbs-----	2 cups-----	7-1/2 oz-----	-----	6. Mix breadcrumbs with melted margarine. Sprinkle evenly over mixture in pans, about 2-3/4 ounces per pan.
Margarine, melted-----	1/2 cup-----	4 oz-----	-----	

CHICKEN-CORN CASSEROLE--Continued

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
7. Bake at 350°F (moderate oven) 45 minutes or until bubbly and crumbs are lightly browned.				

VARIATION

TURKEY-CORN CASSEROLE: Use turkey broth and cooked turkey in place of chicken broth and cooked chicken.

CHICKEN LOAF

Serving size: 1 piece, about 2 by 2 inches

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Celery, chopped-----	1 qt-----	1 lb 1 oz-----	-----	1. Cook celery, onions, and green peppers in margarine until tender.
Frozen chopped onions-----	1 cup-----	4 oz-----	-----	
Frozen chopped green peppers.	1 cup-----	5 oz-----	-----	
Margarine-----	2 cups-----	1 lb-----	-----	
Flour-----	2 cups-----	9 oz-----	-----	2. Stir flour and salt into cooked vegetables. 3. Gradually stir in hot broth. Cook, stirring constantly, until very thick.
Salt-----	3 Tbsp-----	-----	-----	
Chicken broth, unsalted, heated.	2 qt-----	-----	-----	
Cooked chicken diced-----	2-1/2 gal-----	11 lb 12 oz-----	-----	4. Add chicken, pimientos, worcestershire sauce, and eggs. Mix well.
Pimientos, chopped-----	1 cup-----	8 oz-----	-----	
Worcestershire sauce-----	2 Tbsp-----	-----	-----	5. Spread mixture evenly into 2 greased baking pans (about 12 by 20 inches), about 4-1/2 quarts or 9 pounds 14 ounces per pan.
Eggs, beaten-----	8 large-----	14 oz-----	-----	
			-----	6. Bake at 350°F (moderate oven) 45 minutes or until done in the center.

CHICKEN LOAF--Continued

VARIATION

TURKEY LOAF: Use cooked turkey and turkey broth in place of chicken and chicken broth.

TUNA LOAF: Omit cooked chicken, chicken broth, salt, and worcestershire sauce. Use 16 cans, 13 oz each, water-pack tuna, drained and flakes. For liquid, use tuna liquid and enough skim milk to measure 2 quarts.

CHILI CON CARNE

Serving size: 3/4 cup

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Ground beef-----	-----	9 lb-----	-----	1. Cook beef, onions, and green peppers until beef is lightly browned. Drain fat.
Frozen chopped onions-----	2 qt-----	1 lb 15-1/2 oz----	-----	
Frozen chopped green peppers.	2 cups-----	10 oz-----	-----	
Kidney beans-----	3 cans, 108 oz each.	-----	-----	2. Add beans, puree, seasonings, and water.
Tomato puree-----	2 cans, 105 oz each.	-----	-----	3. Simmer 30 minutes to blend flavors.
Garlic powder-----	1/2 tsp-----	-----	-----	
Salt-----	1/4 cup-----	-----	-----	
Chili powder-----	1/2 cup-----	-----	-----	
Ground cumin-----	2 Tbsp-----	-----	-----	
Water-----	2 qt-----	-----	-----	

CREOLE PORK CHOPS

Serving size: 1 chop plus about 1/4 cup sauce

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Pork chops-----	100-----	33 lb-----	-----	1. Trim fat from pork chops. 2. Place pork chops on sheet pans. 3. Brown at 350°F (moderate oven) 30 minutes. Drain off fat. 4. Place browned pork chops in 4 baking pans (about 12 by 20 inches), 25 chops per pan.
Tomatoes-----	2 cans, 102 oz each.	-----	-----	5. Simmer remaining ingredients together 30 minutes.
Frozen chopped onions-----	1-1/2 qt-----	1 lb 7-1/2 oz-----	-----	6. Pour sauce over chops in pans, about 2 quarts or 4 pounds per pan.
Frozen chopped green peppers.	1-1/2 qt-----	1 lb 14 oz-----	-----	7. Cover pans and bake at 350°F (moderate oven) 1-1/2 hours or until meat is tender.
Salt-----	2 Tbsp-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Vinegar-----	1/2 cup-----	-----	-----	
Worcestershire sauce-----	1/2 cup-----	-----	-----	

HAWAIIAN PORK

Serving size: About 2/3 cup pork and 1/2 cup rice

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Lean pork, cut in 1-inch cubes.	-----	18 lb-----	-----	1. Cook pork in water until almost tender, about 1-1/4 hours.
Boiling water-----	2-1/2 qt-----	-----	-----	
Garlic powder-----	1 tsp-----	-----	-----	2. Add garlic powder and carrots.
Carrots, pared, sliced-----	1-1/4 gal-----	5 lb 8 oz-----	-----	Cook until carrots are tender about 20 minutes.
Green pepper strips-----	1 gal-----	3 lb 8 oz-----	-----	3. Add green pepper strips.
Pineapple chunks in natural juice.	8 cans, 20 oz each.	-----	-----	4. Drain pineapple; set aside. Save 2 quarts juice.
Cornstarch-----	2 cups-----	8-3/4 oz-----	-----	5. Mix cornstarch with vinegar.
Vinegar-----	1-1/2 cups-----	-----	-----	Stir in soy sauce and pineapple juice.
Soy sauce-----	1-1/2 cups-----	-----	-----	6. Stir mixture into pork and vegetables. Cook, stirring constantly, until thickened.
Pineapple juice-----	2 qt-----	-----	-----	7. Stir in pineapple chunks. Heat to simmering.

HAWAIIAN PORK--Continued

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Cooked rice, unsalted (Breads and Cereals, page 40).	3 gal 2 cups--	17 lb 8 oz-----	-----	8. Serve over rice.

HOT HAM-POTATO SALAD

Serving size: About 1 cup

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen chopped green peppers.	1-1/2 qt-----	1 lb 14 oz-----	-----	1. Cook green peppers and onions in margarine until tender.
Frozen chopped onions-----	3 qt-----	3 lb-----	-----	2. Stir in flour, sugar, pepper, and celery seed.
Margarine-----	2 cups-----	1 lb-----	-----	3. Gradually stir in water and vinegar. Cook, stirring constantly, until thickened.
Flour-----	3 cups-----	13-1/2 oz-----	-----	
Sugar-----	2 cups-----	14 oz-----	-----	
Pepper-----	2 tsp-----	-----	-----	
Celery seed-----	1/4 cup-----	-----	-----	
Water-----	1 gal-----	-----	-----	
Vinegar-----	2 qt-----	-----	-----	
Potatoes, cooked, sliced-----	4 gal-----	22 lb 8 oz-----	-----	4. Pour sauce over potatoes and ham. Mix gently.
Cooked ham, strips-----	2-1/2 gal-----	12 lb 12 oz-----	-----	5. Place in 4 baking pans (about 12 by 20 inches), about 1-1/2 gallons or 12 pounds per pan.
				6. Bake at 350°F (moderate oven) 45 minutes or until hot and flavors are blended.

LAMB STEW

Serving size: About 1 cup

Main Dishes

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Lean lamb stew cubes-----	-----	24 lb-----	-----	1. Trim excess fat from lamb cubes.
Water-----	1-1/2 gal-----	-----	-----	2. Brown lamb well. Drain off fat.
Salt-----	1/4 cup-----	-----	-----	3. Add water and seasonings; simmer until lamb is tender, about 1-1/4 hours.
Pepper-----	1 Tbsp-----	-----	-----	
Marjoram leaves-----	1 Tbsp-----	-----	-----	
Cold water-----	3 cups-----	-----	-----	4. Stir water into flour until smooth. Add to lamb mixture. Cook, stirring constantly, until thickened.
Flour-----	3 cups-----	13-1/2 oz-----	-----	
Potatoes, pared, diced-----	2-1/2 gal-----	14 lb 4 oz-----	-----	5. Cook vegetables in boiling water until tender, about 20 minutes; drain.
Carrots, pared, diced-----	2-1/2 gal-----	12 lb 12 oz-----	-----	6. Add drained vegetables to meat mixture. Mix gently.
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	
Boiling water-----	2 qt-----	-----	-----	

Serving size: About 3/4 cup liver and 1/2 cup rice

LIVER AND TOMATOES

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Beef liver, sliced-----	-----	18 lb-----	-----	1. Place liver slices on baking sheets. Brush with oil.
Oil-----	1/2 cup-----	3-3/4 oz-----	-----	2. Bake at 400°F (hot oven) until brown, about 25 minutes.
				3. Remove from oven. Drain.
				4. Cut liver into strips about 2 inches long.
Tomatoes-----	4 cans, 102 oz each.	-----	-----	5. Simmer tomatoes, onions, green peppers, celery, and seasonings together 15 minutes to blend flavors.
Frozen chopped onions-----	2 qt-----	1 lb 15-1/2 oz----	-----	6. Add liver to tomato mixture.
Frozen chopped green peppers.	1 qt-----	1 lb 4 oz-----	-----	7. Simmer, covered, 45 minutes or until liver is tender.
Celery, chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Pepper-----	2 tsp-----	-----	-----	
Basil leaves-----	1-1/3 Tbsp-----	-----	-----	
Garlic powder-----	1 tsp-----	-----	-----	
Worcestershire sauce-----	1/4 cup-----	-----	-----	
Flour-----	2 cups-----	9 oz-----	-----	8. Mix flour and water until smooth. Stir into liver and tomatoes. Cook, stirring constantly, until thickened.
Water-----	2 cups-----	-----	-----	

LIVER AND TOMATOES--Continued

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Cooked rice, unsalted (Breads and Cereals, page 40).	3 gal 2 cups--	17 lb 8 oz-----	-----	9. Serve over rice.

MEAT LOAF

Serving size: 1 slice, about 5/8 inch thick

Main Dishes

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Salt-----	1/4 cup-----	-----	-----	1. Sprinkle salt and pepper over bread in mixer bowl. Add milk and beat 2 minutes.
Pepper-----	2 tsp-----	-----	-----	
Bread slices-----	-----	2 lb-----	-----	
Skim milk-----	3 qt-----	-----	-----	
Ground beef-----	-----	18 lb-----	-----	2. Add remaining ingredients. Mix well but not long. 3. Form 4 loaves in 2 baking pans (about 12 by 20 inches), about 7 pounds 8 ounces per loaf. 4. Bake at 350 ^o F (moderate oven) 1-1/2 hours or until browned.
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	
Celery, finely chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Eggs, beaten-----	12 large-----	1 lb 5 oz-----	-----	

MEAT SAUCE

Serving size: About 1/2 cup

Main Dishes

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Ground beef-----	-----	15 lb-----	-----	1. Cook beef, onions, and green peppers until beef is lightly browned. 2. Drain fat.
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	
Frozen chopped green peppers.	2 cups-----	10 oz-----	-----	
Garlic powder-----	2 tsp-----	-----	-----	3. Stir remaining ingredients into meat mixture. 4. Simmer, covered, about 1 hour until flavors are blended. Stir occasionally. 5. Serve over cooked spaghetti, macaroni, or noodles (Breads and Cereals, page 36).
Cayenne pepper-----	1/4 tsp-----	-----	-----	
Black pepper-----	1 Tbsp-----	-----	-----	
Oregano leaves-----	2 Tbsp-----	-----	-----	
Basil leaves-----	1 Tbsp-----	-----	-----	
Parsley flakes-----	2 Tbsp-----	-----	-----	
Tomato puree-----	2 cans, 106 oz each.	-----	-----	
Tomato juice-----	2 cans, 46 fl. oz each.	-----	-----	

OVEN-BAKED CHICKEN

Serving size: 1 piece

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Quarters from 2-1/2-pound chickens.	100 pieces (25 chickens).	62 lb 8 oz-----	-----	1. Wash chicken pieces; drain.
Salt-----	1/4 cup-----	-----	-----	2. Place 1 layer deep on sheet pans.
				3. Sprinkle salt on chickens.
				4. Bake at 400°F (hot oven) 1-1/2 hours or until chicken is tender and golden brown.

PEPPER STEAK

Serving size: 1 piece plus 1/4 cup sauce

Main Dishes

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Beef round steak, boneless-	-----	25 lb-----	-----	1. Cut meat into 100 4-ounce portions. Place on sheet pans. 2. Brown at 350°F (moderate oven) 30 minutes. Drain. 3. Place meat in 4 baking pans (about 12 by 20 inches), 25 portions per pan.
Green pepper strips-----	3 qt-----	2 lb 10 oz-----	-----	4. Cover steaks with green peppers (about 3 cups or 10-1/2 ounces per pan) and onions (about 3 cups or 12 ounces per pan).
Onions, sliced-----	3 qt-----	3 lb-----	-----	5. Sprinkle garlic powder, salt, and pepper over vegetables.
Garlic powder-----	1 teaspoon-----	-----	-----	
Salt-----	1/4 cup-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Flour-----	3 cups-----	13-1/2 oz-----	-----	6. Mix flour and water until smooth. Stir into tomatoes. Cook, stirring constantly, until thickened.
Water-----	1 qt-----	-----	-----	7. Pour tomatoes over meat and vegetables.
Tomatoes-----	2 cans, 102 oz each.	-----	-----	8. Place 3 bay leaves on top of tomatoes in each pan, being careful not to break bay leaves up.
Bay leaves-----	12-----	-----	-----	

(over)

PEPPER STEAK--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
				9. Cover pans and bake at 350°F (moderate oven) 2 hours or until meat is tender.
				10. <u>Remove bay leaves before serving, being careful not to leave any pieces.</u>

SALISBURY STEAKS WITH MUSHROOM SAUCE

Serving size: 1 steak plus 2 tablespoons sauce

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Salt-----	2 Tbsp-----	-----	-----	1. Sprinkle salt, pepper, and onions over bread in mixer bowl. Add milk and mix well. 2. Lightly mix in ground beef. 3. Shape mixture into 100 steaks, about 3-3/4 ounces each. Place in 4 baking pans (about 12 by 20 inches), 25 steaks per pan. 4. Bake at 350°F (moderate oven) until lightly browned, about 20 minutes. Drain.
Pepper-----	2 tsp-----	-----	-----	
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	
Bread slices-----	-----	2 lb-----	-----	
Skim milk-----	1-1/2 qt-----	-----	-----	
Ground beef-----	-----	18 lb-----	-----	
<hr/>				
Sliced mushrooms-----	4 cans, 8 oz each.	-----	-----	5. Drain mushrooms; save liquid.
<hr/>				
Flour-----	2 cups-----	9 oz-----	-----	6. Mix flour, salt, onion powder, and pepper. Gradually stir in liquid and milk. Cook, stirring constantly, until thickened. 7. Add mushrooms to sauce and pour over steaks, about 1 quart 3/4 cup or 2 pounds 8 ounces per pan.
Salt-----	1 Tbsp-----	-----	-----	
Onion powder-----	1 Tbsp-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Mushroom liquid and water--	3 cups-----	-----	-----	
Skim milk-----	3 qt-----	-----	-----	

(over)

SALISBURY STEAKS WITH MUSHROOM SAUCE--Continued

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
8. Cover pans and bake 30 minutes or until steaks are no longer pink in middle and flavors are blended.				

SAUERBRATEN BEEF CUBES

Serving size: About 1/3 cup beef and 1/2 cup noodles

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Lean beef stew cubes-----	-----	20 lb-----	-----	1. Trim excess fat from beef cubes. 2. Brown beef cubes well.
Onions, sliced-----	3 qt-----	3 lb-----	-----	3. Add onions, lemon juice, vinegar, water, sugar, and seasonings.
Lemon juice-----	1-1/2 cups-----	-----	-----	4. Cook, covered, until beef is tender, about 1 hour.
Vinegar-----	1 qt-----	-----	-----	5. Remove bay leaves.
Water-----	2 qt-----	-----	-----	
Sugar-----	1/2 cup-----	3-1/2 oz-----	-----	
Salt-----	1/4 cup-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Bay leaves (in cheese cloth bag).-----	24-----	-----	-----	
Cornstarch-----	1-1/3 cups-----	6 oz-----	-----	6. Mix cornstarch and cold water. Add to beef mixture, stirring constantly.
Cold water-----	1-1/3 cups-----	-----	-----	7. Cook, stirring constantly, until thickened.
Cooked noodles (Breads and Cereals, page 36).-----	3 gal 2 cups--	13 lb 12 oz-----	-----	8. Serve over noodles.

TURKEY-CHEESE-MACARONI CASSEROLE

Serving size: About 3/4 cup

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Elbow macaroni-----	-----	5 lb-----	-----	1. Cook macaroni in boiling water until tender, about 7 minutes. Drain.
Boiling water-----	5 gal-----	-----	-----	
Margarine-----	2 cups-----	1 lb-----	-----	2. Melt margarine; stir in flour and seasonings.
Flour-----	1 qt-----	1 lb 2 oz-----	-----	
Salt-----	1-1/3 Tbsp-----	-----	-----	3. Gradually stir in milk. Cook, stirring constantly, until thickened.
Pepper-----	1 tsp-----	-----	-----	
Marjoram leaves-----	1-1/3 Tbsp-----	-----	-----	
Skim milk, heated-----	2 gal-----	-----	-----	
Cooked turkey, diced-----	1-1/4 gal-----	6 lb 4 oz-----	-----	4. Stir in macaroni, turkey, 2-1/2 quarts cheese, and pimientos.
Process Cheddar cheese, shredded.	2-1/2 qt-----	2 lb 4-1/2 oz-----	-----	
Pimientos, chopped-----	3 cups-----	1 lb 8 oz-----	-----	5. Pour mixture in 4 baking pans (about 12 by 20 inches), 4-3/4 quarts or about 10 pounds per pan.
Process Cheddar cheese, shredded.	1 qt-----	14-1/2 oz-----	-----	
				6. Sprinkle 1 cup cheese over top of each pan.
				7. Bake at 350°F (moderate oven) 30 minutes or until bubbly.

TURKEY CHEESE MACARONI CASSEROLE--Continued

VARIATION

CHICKEN-CHEESE-MACARONI CASSEROLE: Use cooked chicken in place of turkey.

TURKEY CURRY

Serving size: About 2/3 cup curry and 1/2 cup rice

Main Dishes

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	1. Cook onions and apples in margarine until tender, about 4 minutes.
Tart apples, chopped-----	3 qt-----	3 lb 4 oz-----	-----	
Margarine-----	2 cups-----	1 lb-----	-----	
Flour-----	1 qt-----	1 lb 2 oz-----	-----	2. Stir in flour and seasonings. 3. Gradually stir in broth and milk. Cook, stirring constantly, until thickened.
Curry powder-----	1/4 cup-----	-----	-----	
Salt-----	1/4 cup-----	-----	-----	
Ground ginger-----	2 tsp-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Turkey broth, unsalted-----	3 qt-----	-----	-----	
Skim milk-----	1-1/2 gal-----	-----	-----	
Cooked turkey, diced-----	2 gal-----	10 lb 4 oz-----	-----	4. Add turkey and raisins to cooked mixture. Heat to serving temperature.
Raisins-----	1 qt-----	1 lb 4-1/2 oz-----	-----	
Rice, unsalted, cooked (Breads and Cereals, page 40).	3 gal 2 cups--	17 lb 8 oz-----	-----	5. Serve over rice.

VARIATION

CHICKEN CURRY: Use cooked chicken and chicken broth in place of cooked turkey and turkey broth.

SALADS AND SALAD DRESSINGS

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PREPARING VEGETABLE AND FRUIT SALADS

Salads and Salad Dressings

Vegetable and fruit salads can be colorful and contribute variety in textures to a meal. Salad ingredients should be crisp and of good quality. Simple combinations of vegetables or fruits are generally the most appealing.

SALAD GREENS

Wash salad greens gently but thoroughly in cold water. Separate leaves in order to wash them thoroughly. Drain well.

Place salad greens in a container covered with a clean damp cloth or in plastic bag and chill in the refrigerator.

Use a variety of salad greens in season, such as young spinach, Chinese cabbage, endive, romaine, escarole, or Boston lettuce as well as the usual iceberg or leaf lettuce.

SALAD DRESSINGS

Add salad dressings to salads just before serving unless the fruits or vegetables are to be marinated.

To keep fruits, such as apples or peaches, from darkening before adding the dressing, dip them in citrus or pineapple juice.

Sogginess and wilting can be avoided by using only enough dressing to moisten the vegetables or fruits.

Dressings for some salads may be served in serving-size containers, such as portion cups.

A choice of several kinds of dressing appropriate for the salad being served may be offered. Try some that are moderate in oil, such as the french dressing in this file (Salads and Salad dressings, page 133).

GARNISHES

Vegetable salads may be garnished with carrot or celery curls; croutons; fluted cucumber slices; green onion fans; herb sprigs such as chervil, dill, and parsley; lemon wedges; pimiento strips; radish roses; red leaf lettuce cups; red onion or green pepper rings; turnip, beet, and zucchini sticks.

Garnishes for fruit salads include blackberries, blueberries, cherries, and strawberries; green, red, or black grape clusters; leaves of celery, curly endive, mint, or parsley; lemon or lime twists; pomegranate seeds; slices of melons, lemons, or oranges; and wedges of unpeeled apple, pineapple, or pear.

SALAD COMBINATIONS

Salads and Salad Dressings

Salads can be made using vegetables and fruits that contrast in flavor and texture. Ingredients that go well together in salads are suggested below.

FRUIT SALAD COMBINATIONS

Use fresh fruits, unsweetened frozen fruits, or fruits canned in their own juice or light sirup for fruit cups or drained and mixed for salads. Garnish fruits with lowfat yogurt.

Arrange sections of oranges and grapefruit alternately on salad greens. Serve with celery seed or other fruit salad dressing.

Slice bananas in half crosswise and lengthwise. Dip in thin cooked salad dressing and roll in cornflake crumbs. Add pineapple chunks and one or two pear and peach slices.

Serve assorted melon balls, pineapple chunks, and strawberries on a lettuce leaf with garnish of lowfat cottage cheese.

Combine fresh pineapple chunks, blueberries, banana slices, and fresh sweet cherries. Garnish with lemon, lime, or orange wedge.

Place a slice of pineapple on salad greens. Top with waldorf salad.

Combine chilled grapefruit and apple sections. Sprinkle with lime juice and garnish with lime slice and mint sprig.

Arrange melon spears, orange slices, and wedges of kiwi fruit on bed of endive.

Contrast the color of Italian plum wedges and blueberries with sliced bananas and diced pears.

Combine pink grapefruit sections and watermelon wedges on spinach leaves.

(over)

SALAD COMBINATIONS--Continued

VEGETABLE SALAD COMBINATIONS

Tossed salad may be varied by using all kinds of greens. Herbs such as thyme, marjoram, or basil may be used for seasoning. See Salad and Salad Dressings, page 118 for garnish suggestions.

Combine spinach pieces with mandarin orange sections, crisp water chestnut slices, onion rings, and a light, french dressing.

Marinate blanched or raw fresh broccoli spears in a light vinegar-oil dressing. Drain and serve with tomato wedges.

Serve shredded Chinese cabbage with a tart lemon dressing.

Combine diced zucchini, cucumbers, and carrots with fresh cooked green beans and peas, and raw bean sprouts, chopped scallions and green peppers, sliced mushrooms, and a little oregano-flavored dressing.

Toss cut-up celery, tomatoes, green peppers, and cauliflower with a vinaigrette dressing.

Lowfat yogurt seasoned with dill is a tasty topping for a combination of carrots, cabbage, cooked dried beans, thawed green peas and lima beans, bean sprouts, and cooked beets.

Dress up coleslaw by adding shredded red cabbage, carrots, or green pepper for color.

Chop raw fresh beets and onions, shred green cabbage and toss with lowfat yogurt flavored with horse-radish.

For a "make-your-own" salad, offer: Florets of broccoli and cauliflower; green onions; beet, carrot, zucchini, and turnip sticks; green beans; snowpeas; rutabaga and kohlrabi wedges; whole cherry tomatoes and mushrooms; and a cucumber-yogurt dip.

Arrange tomato, cucumber, and onion slices on salad greens. Pour tart dressing over vegetables.

Quarter tomatoes leaving bottom intact. Spread quarters and stuff middle with coleslaw.

Main-dish salads, cottage cheese, sliced lean roasted meats, and sliced cheeses may be served as part of a cold-plate lunch. The appearance of the plate affects acceptability of the lunch. Plan for contrasts in color, shape, texture, and flavor for appetizing plate lunches. Hot foods can be added to the menu in the form of soups and breads.

Use mixed vegetable and fruit salads to add interest to cold plates when serving sliced meats. Try a fruit bowl with a scoop of cottage cheese or make a chef's salad bowl with assorted greens and julienne or cubed lean meat for variety in cold lunches.

The following are suggested menu combinations for the main-dish salad recipes in this file:

COMBINATIONS FOR COLD-PLATE LUNCHESES

- | | | | |
|---|---|---|---|
| . | Ham-vegetable salad with brown bread and radish roses. | . | Turkey-macaroni salad served with crisp toasted rolls and green beans. |
| . | Chicken waldorf salad with broiled cinnamon peaches and whole-wheat bread sticks. | . | Vegetable-cottage cheese salad with whole-wheat crackers and assorted melon slices. |

CHICKEN-MACARONI SALAD

Serving size: About 1 cup

Salads and Salad Dressings

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Cooked chicken, diced-----	2 gal-----	9 lb 8 oz-----	-----	1. Toss chicken, macaroni, and vegetables together lightly.
Macaroni, cooked, unsalted-----	4 gal-----	13 lb 12 oz-----	-----	
Onions, finely chopped-----	1-1/2 cups-----	9 oz-----	-----	
Pimientos, chopped-----	1-1/2 cups-----	12 oz-----	-----	
Celery, chopped-----	1 gal-----	4 lb 3 oz-----	-----	
Green peppers, finely chopped.	3 cups-----	1 lb-----	-----	
Salad dressing, mayonnaise-type.	2 qt-----	4 lb 4 oz-----	-----	2. Mix salad dressing, mustard, lemon juice, and salt.
Prepared mustard-----	1 cup-----	8-3/4 oz-----	-----	3. Gently stir into chicken-macaroni mixture. Chill.
Lemon juice-----	1-1/2 cups-----	-----	-----	
Salt-----	2 Tbsp-----	-----	-----	
Lettuce-----	100 small leaves.	-----	-----	4. Portion onto crisp salad greens.

VARIATIONS

TURKEY-MACARONI SALAD: Use cooked turkey in place of chicken.

TUNA-MACARONI SALAD: Omit salt. Use 10 lb 8 oz water-pack tuna in place of chicken. Drain and flake tuna.

HAM-VEGETABLE SALAD

Serving size: About 1-1/4 cups

Salads and Salad Dressings

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Cooked ham, diced-----	2 gal-----	10 lb 4 oz-----	-----	1. Toss ham, lettuce, and other vegetables together lightly. Chill.
Head lettuce, 1-inch pieces.	4 gal-----	10 lb 8 oz-----	-----	
Frozen mixed vegetables, cooked.	-----	12 lb-----	-----	
Small onion rings-----	1 qt-----	1 lb-----	-----	
Celery, chopped-----	1-1/2 qt-----	1 lb 9 oz-----	-----	
Green pepper, finely chopped.	2 cups-----	10-1/2 oz-----	-----	
<hr/>				
Oil-----	1 qt-----	1 lb 13-1/2 oz---	-----	2. Place oil, vinegar, pepper, mustard, and cloves in a jar with a tight fitting lid. Shake to mix. Chill.
Vinegar-----	2 cups-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Prepared mustard-----	1/4 cup-----	2-1/4 oz-----	-----	
Ground cloves-----	1 tsp-----	-----	-----	
<hr/>				
Salad greens-----	100 small leaves.	-----	-----	3. Just before serving, shake dressing again and pour over vegetables. Toss lightly.
				4. Portion on crisp salad greens.

VARIATION

SALMON-VEGETABLE SALAD: Use 12 cans, 16 ounces each, salmon in place of ham. Drain and flake salmon; remove bones.

TURKEY WALDORF SALAD

Serving size: About 1/2 cup

Salads and Salad Dressings

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cooked turkey, diced-----	2 gal-----	9 lb 8 oz-----	-----	1. Toss turkey, celery, apples, and nuts together lightly. Chill.
Celery, diced-----	3 qt-----	3 lb 4 oz-----	-----	
Apples, diced-----	3 qt-----	2 lb 14 oz-----	-----	
Walnuts, chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Salt-----	1-1/3 Tbsp-----	-----	-----	2. Mix salt, salad dressing, and lemon juice. 3. Gently stir into turkey mixture. Chill.
Salad dressing, mayonnaise-type.	1-1/2 qt-----	3 lb 3 oz-----	-----	
Lemon juice-----	1/2 cup-----	-----	-----	
Salad greens-----	100 small leaves.	-----	-----	4. Portion with No. 8 scoop (1/2 cup) onto crisp salad greens.

VARIATION

CHICKEN WALDORF SALAD: Use cooked chicken in place of turkey.

VEGETABLE-COTTAGE CHEESE SALAD

Serving size: About 3/4 cup

Salad and Salad Dressings

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Carrots, shredded-----	1 gal-----	3 lb 14 oz-----	-----	1. Mix vegetables, pepper, and cottage cheese together lightly. Chill.
Onions, very finely chopped-----	3/4 cup-----	4-1/2 oz-----	-----	
Green peppers, very finely chopped.	1 qt-----	1 lb 5 oz-----	-----	
Celery, chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Cucumbers, pared, chopped--	1 gal-----	5 lb-----	-----	
Pepper-----	1 Tbsp-----	-----	-----	
Lowfat cottage cheese-----	-----	30 lb-----	-----	
Salad greens-----	100 small leaves.	-----	-----	2. Portion onto crisp salad greens.

APPLE-CABBAGE SLAW

Serving size: About 1/2 cup

Salads and Salad Dressings

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Sugar-----	1/2 cup-----	3-1/2 oz-----	-----	1. Mix sugar, salt, pepper, and
Salt-----	2 Tbsp-----	-----	-----	mustard; stir into salad
Pepper-----	1/2 tsp-----	-----	-----	dressing.
Dry mustard-----	1-1/3 Tbsp-----	-----	-----	2. Add milk and 1/2 cup lemon
Salad dressing, mayonnaise- type.	1 qt-----	2 lb 2 oz-----	-----	juice.
Skim milk-----	2 cups-----	-----	-----	3. Chill.
Lemon juice-----	1/2 cup-----	-----	-----	
Lemon juice-----	1/2 cup-----	-----	-----	4. Sprinkle 1/2 cup lemon juice
Apples, thinly sliced-----	3 qt-----	2 lb 14 oz-----	-----	over apples to prevent
Cabbage, shredded-----	4 gal-----	10 lb 4 oz-----	-----	darkening.
				5. Toss apples and cabbage
				together. Chill.
				6. Just before serving, combine
				slaw and dressing. Toss
				lightly.

CRANBERRY-ORANGE RELISH

Serving size: About 1/4 cup

Salads and Salad Dressings

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cranberries, as purchased----	-----	4 lb-----	-----	1. Wash fruit. Remove seeds from oranges and cores from apples. 2. Coarsely grind fruit.
Oranges, as purchased-----	-----	2 lb-----	-----	
Apples, as purchased-----	-----	4 lb-----	-----	
Sugar-----	1-1/2 qt-----	2 lb 9 oz-----	-----	3. Mix sugar with fruit. 4. Chill before serving.

FRUIT SALAD

Serving size: About 1/2 cup

Salads and Salad Dressings

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Pineapple chunks in natural juice.	1 can, 106 oz-	-----	-----	1. Drain canned fruits. Dice pears.
Peach slices in light sirup.	1 can, 106 oz-	-----	-----	2. Mix fruits together gently. Chill.
Pear halves in light sirup-	1 can, 105 oz-	-----	-----	
Bananas, sliced-----	3 qt-----	3 lb 13 oz-----	-----	
Red grapes, halved, seeded-	3 qt-----	4 lb 3 oz-----	-----	
Dates, pitted, chopped-----	1 qt-----	1 lb 8 oz-----	-----	
Fruit salad dressing (Salads and Salad Dressings, page 134).	1 recipe (about 4-1/2 cups).	-----	-----	3. Just before serving, add dressing. Toss lightly.
Salad greens-----	100 small leaves.	-----	-----	4. Portion with No. 8 scoop (1/2 cup) onto crisp salad greens.

JELLIED CITRUS SALAD

Serving size: 1 piece, about 2 by 3/4 inches

Salads and Salad Dressings

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Grapefruit sections in light sirup.	12 cans, 16 oz each.	-----	-----	1. Drain grapefruit and orange sections. Save 1 gallon liquid.
Mandarin orange sections in light sirup.	12 cans, 11 oz each.	-----	-----	
Unflavored gelatin-----	16 envelopes, 1/4 oz each.	4 oz-----	-----	
Fruit liquid-----	1 qt-----	-----	-----	2. Soften gelatin in 1 quart fruit liquid. Add sugar; stir into boiling water. Stir until gelatin and sugar are dissolved.
Sugar-----	2 cups-----	14 oz-----	-----	
Boiling water-----	1 gal-----	-----	-----	
Lemon juice-----	2 cups-----	-----	-----	3. Add lemon juice and 3 quarts fruit liquid. Chill until mixture begins to thicken.
Fruit liquid-----	3 qt-----	-----	-----	
Marachino cherries, cut in halves.	2 cups-----	12-1/2 oz-----	-----	4. Mix in grapefruit and orange sections and cherries.
				5. Pour into 4 pans (about 12 by 20 inches), about 3-1/2 quarts or 7 pounds 11 ounces per pan.
				6. Chill until set.
Salad greens-----	100 small leaves.	-----	-----	7. Cut and serve on crisp salad greens.

JELLIED VEGETABLE SALAD

Salads and Salad Dressings

Serving size: 1 piece, 2 by 3-3/4 inches

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Unflavored gelatin-----	16 envelopes, 1/4 oz each.	4 oz-----	-----	1. Soften gelatin in cold water. Stir into boiling water. Stir until gelatin is dissolved.
Cold water-----	2 qt-----	-----	-----	2. Stir in salt, sugar, and lemon juice. Chill until mixture begins to thicken.
Boiling water-----	1 gal-----	-----	-----	
Salt-----	1-1/3 Tbsp-----	-----	-----	
Sugar-----	3 cups-----	1 lb 4-1/2 oz-----	-----	
Lemon juice-----	1 qt-----	-----	-----	
Celery, diced-----	1-1/4 gal-----	5 lb 8 oz-----	-----	3. Stir vegetables into gelatin mixture.
Green peppers, chopped-----	3 cups-----	1 lb-----	-----	4. Pour into 4 pans (about 12 by 20 inches), about 3 quarts or 6 pounds 12 ounces per pan. Chill until set.
Cucumbers, pared, diced-----	3 qt-----	3 lb 13 oz-----	-----	
Carrots, shredded-----	1 qt-----	15-1/2 oz-----	-----	
Onions, finely chopped-----	1/2 cup-----	3 oz-----	-----	
Salad greens-----	100 small leaves.	-----	-----	5. Cut and serve on crisp salad greens.

POTATO SALAD

Serving size: About 1/2 cup

Salads and Salad Dressings

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Cold cooked potatoes, diced	2-1/2 gal-----	15 lb-----	-----	1. Mix potatoes, celery, eggs,
Celery, coarsely chopped---	3 qt-----	3 lb 2 oz-----	-----	onions, salt, pepper, and
Hard-cooked eggs, coarsely	25 large-----	2 lb 12 oz-----	-----	dressing together lightly.
chopped.				2. Chill at least 1 hour to blend
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	flavors.
Salt-----	1/4 cup-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Salad dressing, mayonnaise-	1-1/2 qt-----	3 lb 3 oz-----	-----	
type.				
Salad greens-----	100 small	-----	-----	3. Portion with No. 8 scoop
	leaves.			(1/2 cup) onto crisp salad
				greens.

RAW VEGETABLE SALAD

Serving size: About 1 cup

Salads and Salad Dressings

Ingredients	100 servings		For — servings	Directions
	Volume	Weight		
Head lettuce, cut in 1-inch pieces.	2-1/2 gal-----	6 lb 8 oz-----	-----	1. Toss vegetables together lightly. Chill.
Spinach leaves, torn in pieces.	1 gal-----	1 lb 1 oz-----	-----	
Onions, thinly sliced-----	2 qt-----	2 lb-----	-----	
Green peppers, sliced-----	2 qt-----	1 lb 7 oz-----	-----	
Cucumbers, pared, diced-----	1 gal-----	5 lb-----	-----	
Carrots, coarsely shredded-----	2 qt-----	1 lb 15 oz-----	-----	
Oil-----	2 cups-----	14-1/2 oz-----	-----	2. Place oil, vinegar, and seasonings in a jar with a tight fitting lid. Shake to blend. Chill.
Vinegar-----	2 cups-----	-----	-----	
Salt-----	1 Tbsp-----	-----	-----	
Paprika-----	1 Tbsp-----	-----	-----	
				3. Just before serving, shake dressing and pour over vegetables. Toss lightly.

FRENCH DRESSING

Serving size: About 1 tablespoon

Salads and Salad Dressings

Ingredients	2 quarts		For ____ servings	Directions
	Volume	Weight		
Cornstarch-----	1/2 cup-----	2-1/2 oz-----	-----	1. Mix cornstarch, sugar, and water.
Sugar-----	3/4 cup-----	5-1/4 oz-----	-----	2. Cook, stirring constantly, until thickened.
Water-----	1-1/4 qt-----	-----	-----	3. Remove from heat. Cool slightly.
Vinegar-----	1-1/2 cups-----	-----	-----	4. Mix in remaining ingredients.
Oil-----	1-1/2 cups-----	11 oz-----	-----	5. Chill.
Salt-----	2 tsp-----	-----	-----	
Dry mustard-----	1 Tbsp-----	-----	-----	
Paprika-----	1 Tbsp-----	-----	-----	
Onion juice-----	1 tsp-----	-----	-----	
Garlic powder-----	1/2 tsp-----	-----	-----	

FRUIT SALAD DRESSING

Serving size: 1 quart 1/2 cup

Salads and Salad Dressings

Ingredients	About 2 teaspoons		For ____ servings	Directions
	Volume	Weight		
Cornstarch-----	1/3 cup-----	1-1/2 oz-----	-----	1. Mix cornstarch, sugar, and
Sugar-----	1/2 cup-----	3-1/2 oz-----	-----	pineapple juice.
Pineapple juice, unsweet- ened.	3 cups-----	-----	-----	2. Cook, stirring constantly, until thickened.
Neufchatel cheese-----	1 pkg, 8 oz---	-----	-----	3. Beat cheese with lemon juice
Lemon juice-----	1/2 cup-----	-----	-----	until soft and creamy.
				4. Slowly add hot mixture to cheese mixture. Beat well.
				5. Chill.

SANDWICHES

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MAKING SANDWICHES

Sandwiches

Special techniques are needed for making sandwiches in large numbers in the shortest time possible. A few hints are given below.

Prepare all ingredients before starting to assemble the sandwiches. Have lettuce and salad greens washed and thoroughly drained; tomatoes, cheese, or meats sliced and ready for use; and peanut butter at room temperature. Lettuce and other salad greens, bean sprouts, blended or whipped cottage cheese, and finely chopped or grated vegetables are good moisteners. Keep these ingredients and prepared fillings, such as egg salad, refrigerated until sandwiches are to be made. See pages 5 to 8 in General Information Section for pointers on keeping food safe to eat.

. Assemble equipment needed for making the sandwiches. Include equipment for spreading fillings, for cutting the sandwiches, and for wrapping, if desired.

. To assemble sandwiches, lay bread for bottom layer out in rows within easy reach. For example, lay out four rows of 5 slices each. Spread with filling or place slices of meat or cheese on bread. Add cottage cheese or other moistener between layers of meat, if desired. Add lettuce leaf or other salad greens. Top with remaining slices of bread. Stack and cut as desired.

. Place assembled sandwiches in sandwich bags or other wrappers or in pans with covers. Refrigerate until served. Make sandwiches on the day they are to be served.

SANDWICH FILLING SUGGESTIONS

Sandwiches

Sandwiches may be served as the main dish or they may be served along with a hearty salad or soup. Fillings should be moist, but not wet. Try new fillings. Use a variety of breads such as whole wheat, rye, pumpernickel, french, brown bread, oatmeal, or pita. For a change, serve sandwiches open-face. For some different fillings, try these combinations.

Lowfat cottage cheese mixed with--

- . Chopped drained unsweetened canned fruits, such as apricots, peaches, and pineapple.
- . Chopped or shredded fresh fruits and vegetables, such as apples, cabbage, and celery.

Chopped cooked lean roast meat mixed with--

- . Shredded cabbage, minced onion, cayenne, prepared mustard, and lowfat yogurt.
- . Chopped vegetables, blended lowfat cottage cheese, chili powder, and dry mustard.

Chopped cooked poultry meat and--

- . Raw shredded or sliced vegetables seasoned with a touch of french dressing in pita bread.

Partially mashed cooked dried beans flavored with--

- . A thickened creole sauce.
- . Chopped fresh tomatoes, minced onion, cumin, curry, and paprika.
- . Chopped onion and parsley, garlic powder, rosemary, thyme, and pepper.
- . Chopped cooked lean pork, celery, onions, and lowfat yogurt.

Flaked cooked fish mixed with--

- . A thickened seasoned tomato sauce on hamburger roll.
- . A little mayonnaise-type salad dressing, lemon juice, and dried dill.
- . Prepared mustard, lemon juice, and parsley.

EGG AND COTTAGE CHEESE SANDWICHES

Serving size: 1 sandwich

Sandwiches

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Eggs, hard-cooked, chopped-	48 large-----	5 lb 4 oz-----	-----	1. Mix all ingredients. Chill.
Lowfat cottage cheese-----	-----	12 lb-----	-----	
Celery, finely chopped-----	3 qt-----	3 lb 2 oz-----	-----	
Onions, very finely chopped	1 cup-----	6 oz-----	-----	
Prepared mustard-----	1/4 cup-----	2-1/4 oz-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Salad dressing, mayonnaise- type.	1 cup-----	8-1/2 oz-----	-----	
Lemon juice-----	1/4 cup-----	-----	-----	
Sandwich bread-----	200 slices-----	-----	-----	
Lettuce-----	100 small leaves.	-----	-----	
				2. Using No. 12 scoop (1/3 cup), portion egg mixture onto half of the bread slices. Spread to edges of bread.
				3. Place lettuce on filling. Cover with remaining bread slices.
				4. To serve, cut sandwiches as desired.

FIESTA HAMBURGERS

Serving size: 1 sandwich

Sandwiches

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Kidney beans, drained-----	1 can, 108 oz-----	-----	-----	1. Lightly mix beans, eggs, beef,
Eggs, beaten-----	12 large-----	1 lb 5 oz-----	-----	puree, onions, and seasonings.
Ground beef-----	-----	1 1/4 lb-----	-----	2. Portion mixture using No. 10
Tomato puree-----	1-1/2 cups-----	13 oz-----	-----	scoop (3/8 cup); shape into
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	patties. Place on sheet pans.
Worcestershire sauce-----	1/3 cup-----	-----	-----	3. Bake at 350°F (moderate oven)
Garlic powder-----	2 tsp-----	-----	-----	25 to 30 minutes or until done.
Salt-----	1 Tbsp-----	-----	-----	Drain.
Chili powder-----	1/3 cup-----	-----	-----	
Hamburger rolls-----	100-----	-----	-----	4. Heat rolls.
				5. Place cooked patties in rolls.

FISH SALAD SANDWICHES

Serving size: 1 sandwich

Sandwiches

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cod or other fish fillets, fresh or frozen.	-----	12 lb-----	-----	1. Add fish to boiling, salted water. Cook until fish flakes easily when tested with a fork. Drain.
Salt-----	1-1/3 Tbsp-----	-----	-----	2. Flake fish; remove any bones.
Water, boiling-----	1 qt-----	-----	-----	
Green peppers, chopped-----	2 cups-----	10-1/2 oz-----	-----	3. Lightly mix flaked fish with
Onions, chopped-----	3 Tbsp-----	-----	-----	vegetables, seasonings, and
Celery, chopped-----	1 qt-----	1 lb 1 oz-----	-----	salad dressing. Chill.
Dried dill weed-----	1 Tbsp-----	-----	-----	
Dry mustard-----	1 Tbsp-----	-----	-----	
Paprika-----	1 Tbsp-----	-----	-----	
Salad dressing, mayonnaise-type.	1 qt-----	-----	-----	
Sandwich bread-----	200 slices-----	-----	-----	4. Using No. 16 scoop (1/4 cup), portion salad onto half the bread slices. Spread salad to edges of bread. Cover with remaining bread slices.
				5. To serve, cut sandwiches as desired.

HOT TURKEY SALAD SANDWICHES

Serving size: 1 sandwich

Sandwiches

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cooked turkey, chopped-----	1-1/2 gal-----	7 lb 8 oz-----	-----	1. Lightly mix turkey, onions, celery, and seasonings.
Frozen chopped onions-----	1 cup-----	4 oz-----	-----	
Celery, chopped-----	1-1/2 qt-----	1 lb 9 oz-----	-----	
Salt-----	2 Tbsp-----	-----	-----	
Pepper-----	1/2 tsp-----	-----	-----	
Marjoram leaves-----	2 tsp-----	-----	-----	
Rosemary leaves-----	2 tsp-----	-----	-----	
Process Cheddar cheese, shredded.	1-1/2 qt-----	1 lb 6 oz-----	-----	2. Add cheese and salad dressing. Mix lightly.
Salad dressing, mayonnaise-type.	3 cups-----	1 lb 9-1/2 oz-----	-----	
Hamburger rolls-----	100-----	-----	-----	3. Place bottom halves of rolls in pans or on trays. Using a No. 16 scoop (1/4 cup), portion filling onto each half roll. Cover with top halves.
				4. Cover pans; heat at 350°F (moderate oven) 25 minutes or until filling is hot and cheese softened.

VARIATION

HOT CHICKEN SALAD SANDWICHES: Use cooked chicken in place of turkey.

PEANUT BUTTER-RAISIN SANDWICHES

Serving size: 1 sandwich

Sandwiches

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Peanut butter-----	3-1/2 qt-----	7 lb 12 oz-----	-----	1. Mix all ingredients thoroughly.
Raisins, chopped-----	1 gal-----	5 lb 12 oz-----	-----	
Carrots, shredded-----	2 qt-----	1 lb 15 oz-----	-----	
Celery, chopped-----	2 qt-----	2 lb 1-1/2 oz-----	-----	
Sandwich bread-----	200 slices-----	-----	-----	2. Using No. 16 scoop (1/4 cup), portion filling onto half the bread slices. Spread filling to edges of bread. Cover with remaining bread slices.
				3. To serve cut sandwiches as desired.

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CHICKEN-PIMIENTO SOUP

Serving size: 1 cup

Soups

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Celery, chopped-----	1 gal-----	4 lb 3 oz-----	-----	1. Cook celery and onions in margarine until tender.
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	
Margarine-----	3 cups-----	1 lb 8 oz-----	-----	
Flour-----	1-1/2 qt-----	1 lb 10-1/2 oz-----	-----	2. Stir flour and seasonings into the vegetable mixture.
Ground thyme-----	1 Tbsp-----	-----	-----	3. Gradually stir in broth. Cook, stirring constantly, until slightly thickened.
Salt-----	1/4 cup-----	-----	-----	
Pepper-----	1 Tbsp-----	-----	-----	
Skimmed chicken broth, heated.	3-1/4 gal-----	-----	-----	
Cooked chicken, chopped-----	3 qt-----	3 lb 13 oz-----	-----	4. Add chicken and continue cooking 15 minutes.
Hot skim milk-----	2 gal-----	-----	-----	5. Add milk, pimientos, and parsley. Heat to serving temperature.
Pimientos, chopped-----	1-1/4 cups-----	10 oz-----	-----	
Parsley, chopped-----	1/4 cup-----	-----	-----	

VARIATION

TURKEY-PIMIENTO SOUP: Use turkey broth and cooked turkey in place of chicken broth and chicken.

GOLDEN SQUASH SOUP

Serving size: 1 cup

Soups

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen chopped onions-----	2 qt-----	1 lb 15-1 1/2 oz----	-----	1. Cook onions and celery in margarine until tender. Stir in flour. 2. Gradually stir in milk. Cook, stirring constantly, until thickened.
Celery, finely chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Margarine-----	2 cups-----	1 lb-----	-----	
Flour-----	1 qt-----	1 lb 2 oz-----	-----	
Skim milk, heated-----	4-3/4 gal-----	-----	-----	
Salt-----	1/3 cup-----	-----	-----	3. Add salt, pepper, curry powder, and squash.
Pepper-----	1 tsp-----	-----	-----	4. Heat to serving temperature.
Curry powder-----	1 Tbsp-----	-----	-----	
Frozen winter squash, thawed.	-----	12 lb 8 oz-----	-----	

SALMON CHOWDER

Serving size: 1 cup

Soups

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Salmon-----	8 cans, 16 oz each.	-----	-----	1. Drain salmon; save liquid. Break salmon into large pieces. Remove bones, if desired.
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	2. Cook onions, celery, and mushrooms in margarine until onions and celery are tender.
Celery, chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Mushroom stems and pieces, drained, chopped.	4 cans, 8 oz each.	-----	-----	
Margarine-----	3 cups-----	1 lb 8 oz-----	-----	
Flour-----	1-1/2 qt-----	1 lb 10-1/2 oz-----	-----	3. Stir in flour, salt, and pepper.
Salt-----	1/4 cup-----	-----	-----	4. Gradually stir in salmon liquid and milk. Cook, stirring constantly, until thickened. Add salmon. Heat to serving temperature.
Pepper-----	2 tsp-----	-----	-----	
Salmon liquid-----	3 cups-----	-----	-----	
Skim milk, heated-----	5 gal-----	-----	-----	
Parsley, chopped-----	1 cup-----	-----	-----	5. Stir in parsley.

SPLIT PEA SOUP

Serving size: 1 cup

Soups

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Boiling water-----	4 gal-----	-----	-----	1. Simmer all vegetables and seasonings 45 to 60 minutes until tender. 2. Remove bay leaves before serving.
Dry green split peas-----	-----	9 lb-----	-----	
Carrots, shredded-----	1 gal-----	3 lb 14 oz-----	-----	
Celery, chopped-----	2 qt-----	2 lb 1-1/2 oz-----	-----	
Potatoes, chopped-----	1 gal-----	5 lb 12 oz-----	-----	
Frozen chopped onions-----	3 qt-----	2 lb 15 oz-----	-----	
Salt-----	1/2 cup-----	5-1/4 oz-----	-----	
Bay leaves-----	8-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	

VARIATION

NAVY BEAN SOUP: Use dry Navy beans in place of peas. Increase water to 4-1/2 gal. Add beans to boiling water; boil 2 minutes. Remove from heat, cover, soak 1 hour or overnight in refrigerator. Simmer beans until tender, about 1 hour. Add remaining ingredients, simmer until vegetables are tender, about 45 minutes.

VEGETABLE SOUP

Serving size: 1 cup

Soups

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Turnips, diced-----	2 qt-----	2 lb 4 oz-----	-----	1. Add turnips, potatoes, carrots, celery, cabbage, onions, and seasonings to broth and water.
Potatoes, diced-----	1-1/4 gal-----	7 lb-----	-----	
Carrots, diced-----	2 qt-----	2 lb 9 oz-----	-----	2. Simmer, covered, until vegetables are tender, about 25 minutes.
Celery, chopped-----	1 qt-----	1 lb 1 oz-----	-----	
Cabbage, shredded-----	2 qt-----	1 lb 4-1/2 oz-----	-----	
Frozen chopped onions-----	2 qt-----	1 lb 15-1/2 oz-----	-----	
Bay leaves (in cheese cloth bag).-----	8-----	-----	-----	
Salt-----	1-1/3 Tbsp-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Condensed beef broth-----	12 cans, 10-1/2 oz each.-----	-----	-----	
Water-----	1 gal-----	-----	-----	
Tomatoes, crushed-----	3 cans, 102 oz each.-----	-----	-----	3. Add tomatoes and heat to boiling.
Frozen green peas-----	-----	5 lb-----	-----	4. Add peas; simmer until peas are tender and flavors are blended.
				5. Remove bay leaves before serving.

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BLUEBERRY SAUCE

Serving size: About 1/4 cup

Sauces

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cornstarch-----	1-1/3 cups----	6 oz-----	-----	1. Mix cornstarch and sugar.
Sugar-----	1-1/3 cups----	9-1/4 oz-----	-----	Add water; mix until smooth.
Water-----	3 qt-----	-----	-----	2. Add blueberries. Cook,
Frozen unsweetened blue-berries.	1 gal-----	5 lb 8 oz-----	-----	stirring constantly, until thickened.
Frozen lemon juice-----	1 cup-----	-----	-----	3. Stir in lemon juice.
				4. Serve warm or cool over plain cake or pancakes.

BROWN GRAVY

Serving size: About 2 tablespoons

Sauces

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Margarine-----	1 cup-----	8 oz-----	-----	1. Melt margarine; stir in flour
Flour-----	2-1/2 cups-----	11 oz-----	-----	and spices.
Onion powder-----	1-1/2 tsp-----	-----	-----	2. Cook, stirring occasionally,
Salt-----	1 tsp-----	-----	-----	until mixture is lightly
Pepper-----	1/2 teaspoon--	-----	-----	browned.
Ground marjoram-----	2 tsp-----	-----	-----	
Ground thyme-----	1/2 tsp-----	-----	-----	
Beef broth, unsalted, hot--	3 qt-----	-----	-----	3. Gradually stir in broth;
				cook, stirring constantly,
				until thickened.

LEMON VEGETABLE SAUCE

Serving size: About 1 tablespoon

Sauces

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Margarine-----	1 cup-----	8 oz-----	-----	1. Melt margarine; stir in flour
Flour-----	3/4 cup-----	3-1/4 oz-----	-----	and seasonings.
Salt-----	1-1/2 tsp-----	-----	-----	2. Gradually stir in water. Cook,
Pepper-----	1/4 tsp-----	-----	-----	stirring constantly, until
Boiling water-----	1-1/4 qt-----	-----	-----	thickened.
Frozen lemon juice, thawed-	3/8 cup-----	-----	-----	3. Mix in lemon juice.
				4. Serve over cooked vegetables.

PINEAPPLE SAUCE

Serving size: About 1/4 cup

Sauces

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cornstarch-----	3/4 cup-----	3-1/4 oz-----	-----	1. Mix cornstarch and sugar. Add pineapple juice; mix until smooth. 2. Add pineapple. Cook, stirring constantly, until thickened.
Sugar-----	1 cup-----	7 oz-----	-----	
Unsweetened pineapple juice.	1 can, 46 fl. oz.	-----	-----	
Crushed pineapple in natural juice.	8 cans, 20 oz each.	-----	-----	
Lemon juice-----	1 cup-----	-----	-----	3. Stir in lemon juice. 4. Serve warm or cool over plain cake or pancakes.

TARTAR SAUCE

Serving size: 2 tablespoons

Sauces

Ingredients	100 servings		For _____ servings	Directions
	Volume	Weight		
Salad dressing, mayonnaise-type.	2 qt-----	4 lb 4 oz-----	-----	1. Mix all ingredients. Chill.
Sweet pickle relish-----	3-1/2 cups-----	1 lb 14-1/2 oz---	-----	2. Serve with fish or shellfish.
Onions, finely chopped-----	2 cups-----	12 oz-----	-----	
Parsley, chopped-----	2 cups-----	-----	-----	

WHITE SAUCE

Sauces

Ingredients	1 gallon		For ____ servings	Directions
	Volume	Weight		
<u>Thin</u>				
Margarine-----	1/2 cup-----	4 oz-----	-----	1. Melt margarine; stir in flour and salt. 2. Gradually stir in milk. 3. Cook, stirring constantly, until thickened.
Flour-----	1 cup-----	4-1/2 oz-----	-----	
Salt-----	2 tsp-----	-----	-----	
Hot skim milk-----	1 gal-----	-----	-----	
<u>Medium</u>				
Margarine-----	1 cup-----	8 oz-----	-----	Same procedure as for thin white sauce.
Flour-----	2 cups-----	9 oz-----	-----	
Salt-----	2 tsp-----	-----	-----	
Hot skim milk-----	1 gal-----	-----	-----	
<u>Thick</u>				
Margarine-----	1-1/2 cups-----	12 oz-----	-----	Same procedure as for thin white sauce.
Flour-----	3 cups-----	13-1/2 oz-----	-----	
Salt-----	2 tsp-----	-----	-----	
Hot skim milk-----	1 gal-----	-----	-----	

VEGETABLES

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Prepare fresh vegetables for cooking or serving raw as shown below. The amount to buy of a vegetable will differ with the way it is to be used. Refer to the food buying publications (14 and 15) on page 21 of the General Information Section to determine amount to buy for your use.

DIRECTIONS FOR PREPARING VEGETABLES

Asparagus--Break off tough stalk ends. Wash. Cut if desired.

Beans or peas, blackeye--Shell. (Scald pods to make shelling easier.) Wash.

Beans, green or wax--Wash. Trim ends; remove any strings. Cut or break into 1-inch pieces.

Beans, lima--Shell. (Scald pods to make shelling easier.) Wash.

Beet greens--Wash thoroughly.¹ Sort; cut off tough stems.

Beets--Remove tops, leaving a 2-inch stem. Wash. Do not pare or remove roots until beets are cooked.

Broccoli²--Cut off tough stalk ends. Wash. Cut broccoli stalks lengthwise, if thick, to speed cooking or cut broccoli into 1-inch pieces.

Brussels sprouts²--Remove discolored outer leaves. Wash.

Cabbage--Remove discolored outer leaves. Wash. Quarter and remove core. Cut into wedges or shred as desired.

Carrots--Wash. Pare or scrape. Cut or shred as desired.

Cauliflower²--Remove tough outer leaves and tough part of core. Break into flowerets. Wash.

See footnotes on back of page.

Celery--Trim. Wash. Cut as desired.

Chard--Wash thoroughly.¹ Sort; cut off tough stems.

Collards--Wash thoroughly.¹ Sort; strip leaves from tough stems.

Corn on cob--Husk; remove silks with stiff brush. Wash; drain (do not allow to stand in water).

Eggplant--Wash. Pare and cut into pieces or slices.

Kale--Wash thoroughly.¹ Sort; strip leaves from tough stems.

Mustard greens--Wash thoroughly.¹ Sort; cut off tough stems.

Okra--Wash. Remove stem ends. Cut large pods into pieces.

Onions, mature--Peel; wash. Quarter, if large, or cut as desired.

Parsnips--Wash. Pare. Quarter lengthwise or cut as desired.

Peas, green--Shell. (Scald pods to make shelling easier.) Wash.

Potatoes--Scrub. Cook in skins or pare and remove eyes. Cut large potatoes to serving size.

(over)

PREPARING FRESH VEGETABLES FOR COOKING OR SERVING RAW--Continued

Pumpkin--Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling 10 minutes.

Rutabagas--Wash. Pare and cut as desired.

Soybeans, green--Shell. (Scald with boiling water

and let stand 5 minutes. Drain and cool. Break the pods crosswise and remove the beans.)

Spinach--Wash thoroughly.¹ Sort; cut off tough stems.

Squash, summer--Wash. Trim ends and cut as desired.

Squash, winter--Wash. Cut in half; remove seeds, fiber, and peel. Cut into pieces. (If peel is hard and tough, soften by steaming or boiling for 10 minutes.)

Sweetpotatoes--Scrub. Sort for size. Cook in jackets.

Turnip greens--Wash thoroughly.¹ Sort; cut off tough stems.

Turnips--Wash. Pare and cut as desired.

¹ Wash leafy green vegetables several times in plenty of water; lift vegetables from water.

² Soak in cold salt water for 30 minutes to remove insects if any are present. Rinse well.

The natural flavor of vegetables can be enhanced by using herbs, spices, and other seasonings or by combining with a fruit or vegetable of contrasting color, flavor, or texture. The suggestions below are a start to the many ways vegetables can be made more appealing.

Asparagus--Serve with lemon vegetable sauce (Sauces, page 152); or garnish with pimiento strips.

Beans, green or wax--Cook with onions, or combine with cauliflower, parsley, or pimiento; season with caraway, dill, or sage.

Beans, lima--Cook in chicken broth lightly seasoned with curry or sage; or combine with celery, corn, kidney beans, and zucchini.

Beets--Serve with chopped greens; season lightly with caraway, cinnamon, cloves, or dill; or combine with unsweetened canned pineapple.

Broccoli--Combine with mushrooms; flavor with vinegar; season with marjoram; or serve with lemon vegetable sauce (Sauces, page 152).

Brussels sprouts--Season with basal, caraway, or sage; or marinate in a light french dressing and serve cold.

Cabbage--Combine with celery, pearl onions, and tomatoes; flavor with vinegar; or season with basil, caraway, celery seed, dill, curry, or mustard seed.

Carrots--Stir-fry thin strips with pea pods, add water chestnuts; or season with cooked onion slices, chives, mint, basal, caraway, celery salt, cloves, marjoram, thyme, or lemon juice.

Cauliflower--Combine with green peas or beans; or season with caraway, celery salt, dill, mace, marjoram, rosemary, or tarragon.

Celery--Cook in chicken or beef broth; combine with onions or cabbage; or season with curry, celery seed, dill, ginger, red pepper, lemon juice, or nutmeg.

Chard--Season with cooked onions and marjoram.

Collards--Add minced garlic, chopped celery, and a dash of red pepper to cooking water.

Corn--Season with cooked green peppers, pimientos, and chili powder.

Eggplant--Season with basal, chili powder, oregano, or sage and add tomato puree.

Greens--Flavor with a little vinegar or lemon juice and toss with cooked sliced mushrooms.

Mixed vegetables--Marinate and serve chilled in red leaf lettuce cups.

Okra--Serve in a spicy creole sauce; or flavor with lemon juice or vinegar.

Onions--Add mushrooms and sage.

Peas, green--Serve with small new potatoes, pearl onions, and/or turnips; add lightly cooked or canned mushrooms; or season with basal, mint, marjoram, or oregano.

(over)

VEGETABLE SERVING SUGGESTIONS--Continued

Potatoes--Combine with a colorful raw vegetable such as shredded carrots, diced cucumbers, or green peppers, sliced green onions or radishes in a salad or season with lemon vegetable sauce (Sauces, page 152.)
Spinach--Season with cooked onions or basal, marjoram, mint, nutmeg, or rosemary.

Squash, summer--Cook in broth or season with cooked onions or chives.

Squash, winter--Mash and season with allspice, cardamon, nutmeg, orange juice, orange rind, or drained canned fruit.

Sweetpotatoes--Mash and season with allspice, cardamon, cinnamon, cloves, orange juice, orange rind, or bananas.

Tomatoes--Add seasoned croutons, celery seed, cloves, oregano, sage, or parsley.

Turnips--Dice and serve in a medley with diced carrots and green peas; or season with caraway or rosemary.

Zucchini--Combine with cherry tomatoes, green beans, green peppers, and lima beans, and garnish with chives; or season with tomato puree, caraway, marjoram, or oregano.

Add variety to vegetables--mix several kinds for color, texture, and flavor interest.

Raw vegetables may be cooked, marinated, and served as salad. Other vegetables may be boiled or steamed to "tender, crisp" texture and served as a cooked vegetable. Several kinds of loose-pack frozen vegetables can be mixed, or fresh and canned forms can be added to cooked frozen vegetables for variety.

Page 157 of the Vegetable Section suggests preparation procedures for fresh vegetables; pages 162 to 166 give cooking times for fresh and frozen, and pages 159 to 160, seasoning suggestions. Mixtures may include combinations such as:

Broccoli, carrots, cauliflower	Kidney, green and wax beans, onions, and red and green peppers
Cabbage, tomatoes, onions	Okra, corn, tomatoes, green peppers, onions
Carrots, green beans, mushrooms, zucchini	Parsnips, carrots, potatoes
Cauliflower, green peas	Red cabbage and bean sprouts
Cauliflower, green and red peppers	Three- or four-bean salad (vary the kinds used for added interest. For example, try a combination of any of these: green, wax, green soy, green lima, great northern, kidney, or chickpeas.)
Corn, celery, onions	Wax beans, carrots, onions
Corn, kidney beans, onions, green and red peppers	Zucchini, cauliflower, carrots, Italian green beans, onions, and green peppers
Eggplant, Italian green beans, plum tomatoes, zucchini	Zucchini, eggplant, tomatoes, green peppers, onions
Green beans and red peppers	
Green beans, broccoli, mushrooms, and onions	
Green peas, zucchini, green beans, carrots, and onions	
Green, wax, kidney, and lima beans, peas and carrots	

BOILING AND STEAMING FRESH AND FROZEN VEGETABLES

Vegetables

Boiling and steaming are the most frequently used methods of cooking fresh and frozen vegetables in quantity. Directions for preparing fresh vegetables for cooking are in the Vegetable Section, page 157. Solid-pack frozen vegetables, such as spinach, should be thawed long enough to break into pieces. Broccoli spears will cook more uniformly if they are partly thawed. Loosely packed frozen vegetables can be cooked without thawing.

Cook vegetables only until tender crisp; they may continue to cook when held on a hot steam table or in a holding cabinet. Vegetables will become overcooked if held too long; cook in batches of a size that can be served in a short time.

DIRECTIONS FOR COOKING

Boiling

1. Add prepared fresh or frozen vegetable to boiling salted water. Use 1 teaspoon salt for each 100 servings of vegetable. Cook in steam-jacketed kettle or covered stockpot using timetable starting on page 163 as a guide to cooking time after the water returns to boiling.
2. Drain cooked vegetables and place in serving pans. Season as suggested in the Vegetable Section, pages 159 to 160.
3. Serve.

Steaming

1. Place prepared fresh vegetable or a single layer of frozen vegetables in 2-inch deep steamer pans. Steam uncovered in a compartment steamer using timetable on this page as a guide to steaming at 5 pounds pressure. Use manufacturer's timetable when using steamers operating at other pressures.
2. Drain cooked vegetables and place in serving pans. If desired, sprinkle 1 teaspoon salt over each 100 servings. Season as suggested in the Vegetable Section, pages 159 to 160.
3. Serve.

Boiling and Steaming Fresh and Frozen Vegetables--Continued

Timetable for Boiling and Steaming Fresh and Frozen Vegetables

Prepared vegetable ¹	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling		Steaming	
		Amount to purchase	Amount of water	Cooking time after water boils	Time at 5 pounds pressure
		Pounds	Quarts	Minutes	Minutes
Asparagus:					
Spears-----	Fresh	37-1/2	6	10 to 25	7 to 10
Cuts and tips-----	Frozen	24	3-1/2	7 to 10	5 to 10
Beans or peas, blackeye-----	Fresh	39-1/2	5	30 to 45	20 to 40
	Frozen	17-3/4	3-1/2	25 to 30	15 to 25
Beans, green or wax, cut-----	Fresh	25-1/2	5	15 to 30	20 to 30
	Frozen	21	2	10 to 20	10 to 15
Beans, lima-----	Fresh	42-1/4	5	15 to 25	15 to 20
Baby-----	Frozen	18	3	12 to 15	10 to 15
Fordhook-----	Frozen	18	3	6 to 12	12 to 20
Beet greens-----	Fresh	46-3/4	Water on leaves	15 to 25	15 to 25
Beets, whole-----	Fresh	33-3/4	To cover	45 to 60	60 to 75
Broccoli:					
Spears-----	Fresh	28-1/2	6	10 to 20	7 to 10
	Frozen	21-1/2	3	10 to 15	5 to 10
Cut or chopped-----	Frozen	23-1/2	3-1/4	8 to 20	10 to 20
Brussels sprouts-----	Fresh	22-3/4	12	10 to 20	5 to 12
	Frozen	19-1/2	3	10 to 15	5 to 10

See footnote on page 166.

(over)

Timetable for Boiling and Steaming Fresh and Frozen Vegetables--Continued

Vegetables

Prepared vegetable ¹ or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each	Boiling		Steaming	
		Amount to purchase	Amount of water		Cooking time after water boils
		Pounds	Quarts	Minutes	Minutes
Cabbage (green and red):					
	Shredded-----	23-3/4	4	10 to 15	5 to 12
Wedges-----	Fresh	25	4	15 to 20	12 to 20
Carrots:					
Whole-----	Fresh	29-1/2	4	20 to 30	15 to 30
Sliced-----	Fresh	31-1/4	4	10 to 20	15 to 30
	Frozen	21-1/2	2	8 to 10	3 to 5
Cauliflower, flowerets-----	Fresh	49-1/2	12	15 to 20	8 to 12
	Frozen	20-1/2	3	10 to 12	4 to 5
Celery, 1-inch pieces-----	Fresh	28	8	15 to 20	10 to 15
Chard-----	Fresh	28	Water on leaves	15 to 25	15 to 25
			8	20 to 40	15 to 30
Collard greens-----	Fresh	22-1/4	3-1/2	30 to 40	20 to 40
	Frozen	21-1/2			
Corn:					
On-cob-----	Fresh	About 44 (100 ears)	10	5 to 15	8 to 10
Whole kernel-----	Frozen	19-3/4	3	5 to 10	5 to 10
Eggplant, pieces or slices---	Fresh	25	6	15 to 20	10 to 15

See footnote on page 166.

Timetable for Boiling and Steaming Fresh and Frozen Vegetables--Continued

Prepared vegetable ¹	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling		Steaming	
		Amount to purchase	Amount of water	Cooking time after water boils	Time at 5 pounds pressure
		Pounds	Quarts	Minutes	Minutes
Kale-----	Fresh	25-1/4	6	25 to 45	15 to 35
	Frozen	24-3/4	4	20 to 30	15 to 30
Mustard greens-----	Fresh	21-3/4	Water on leaves	15 to 25	15 to 25
	Frozen	20-3/4	4	20 to 30	15 to 20
Okra:					
Whole-----	Fresh	19-3/4	4	10 to 15	8 to 15
	Frozen	20-3/4	3	3 to 5	3 to 5
Onions:					
Mature, quartered if large-	Fresh	24	12	20 to 35	20 to 35
Parsnips, 3-inch pieces-----	Fresh	26	10	20 to 30	15 to 20
Peas and carrots-----	Frozen	19	2	8 to 10	3 to 5
Peas, green-----	Fresh	51-1/4	4	10 to 20	10 to 20
Shelled-----	Frozen	20-1/4	2	5 to 10	3 to 5
Potatoes:					
Pared, whole-----	Fresh	22	10	30 to 40	30 to 45
Rutabagas, 1-inch cubes-----	Fresh	28	6	20 to 30	15 to 30
Soybeans, green-----	Fresh	35	4	10 to 20	-----
Spinach, leaf-----	Fresh	30-3/4	Water on leaves	10 to 20	4 to 8
	Frozen	28	2-1/4	5 to 10	5 to 10

See footnote on page 166.

(over)

Timetable for Boiling and Steaming Fresh and Frozen Vegetables--Continued

Vegetables

Prepared vegetable ¹	Fresh or Frozen	For 100 servings, 3 ounces (1/3 to 1/2 cup) each			
		Boiling			Steaming
		Amount to purchase	Amount of water	Cooking time after water boils	
		Pounds	Quarts	Minutes	Minutes
Squash, summer, sliced-----	Fresh	23-3/4	4	10 to 20	8 to 20
	Frozen	26-1/2	2	5 to 10	5 to 10
Squash, winter:					
Butternut, pieces-----	Fresh	25	10	15 to 30	15 to 20
Mashed-----	Frozen	20	-----	-----	20 to 25 (covered)
Succotash-----	Frozen	18-3/4	3-1/2	6 to 15	12 to 20
Sweetpotatoes:					
Whole-----	Fresh	21-1/2	10	30 to 45	20 to 40
Turnip greens-----	Fresh	36	Water on leaves	15 to 25	15 to 25
Chopped-----	Frozen	22-3/4	4	20 to 30	15 to 20
	Fresh	24	6	15 to 20	10 to 15
Turnips, 1-inch cubes-----	Frozen	22-1/4	2	12 to 20	12 to 20
Vegetables, mixed-----					

¹ See Vegetables, pages 157 to 158.

Canned vegetables should be heated only to serving temperature and served soon after they are heated. Canned vegetables will become overcooked when held too long in a hot steamtable or holding cabinet. Refer to food buying publications (14 and 15) on page 21 of General Information to determine amount to buy for your use.

DIRECTIONS FOR HEATING CANNED VEGETABLES

Heating in Stock Pot or Steam-Jacketed Kettle

1. Drain off half the liquid; save for use in soups and gravies.
2. Pour remaining liquid and vegetables into stock pot or steam-jacketed kettle. Heat only long enough to bring to serving temperature.
3. Drain vegetables and place in serving pans. See suggestions for seasoning on page 159 of Vegetable Section.

Heating in Steamer

1. Drain off half the liquid; save for use in soups and gravies.
2. Pour remaining liquid and vegetables into serving pans. Cover pans.
3. Heat in steamer at 5 pounds pressure about 3 minutes or just long enough to bring to serving temperature. Or follow manufacturer's directions for steamers operated at different pressures.
4. Drain vegetables. See suggestions for seasoning on page 159 of Vegetable Section.

BAKED ONIONS

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Medium-sized yellow onions-	-----	30 lb-----	-----	1. Peel onions; cut in halves. Put into 4 baking pans (about 12 by 20 inches), 6 pounds 12 ounces per pan.
Salt-----	2 Tbsp-----	-----	-----	2. Mix salt, paprika, and pepper. sprinkle over onions.
Paprika-----	3 Tbsp-----	-----	-----	
Pepper-----	1 tsp-----	-----	-----	
Boiling water-----	2 cups-----	-----	-----	3. Pour 1/2 cup boiling water in each pan. 4. Cover pans and bake at 375°F (moderate oven) about 1 hour or until onions are tender. 5. Remove covers and bake about 15 minutes longer or until lightly browned.

BEETS WITH ORANGE SAUCE

Serving size: 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Cornstarch-----	2 cups-----	8-3/4 oz-----	-----	1. Mix cornstarch and sugar. Stir in orange juice concentrate and water. 2. Cook, stirring constantly, until thickened.
Sugar-----	3 cups-----	1 lb 5 oz-----	-----	
Frozen orange juice concentrate, thawed.	2 cans, 12 oz each.	-----	-----	
Water-----	2-1/2 qt-----	-----	-----	
Lemon juice-----	2 cups-----	-----	-----	3. Stir in lemon juice.
Sliced beets-----	5 cans, 104 oz each.	-----	-----	4. Drain beets. 5. Pour sauce over beets. Heat to serving temperature.

BROCCOLI AND ONIONS AU GRATIN

Serving size: About 1/2 cup

Ingredients			100 servings		For ____ servings	Directions
			Volume	Weight		
Frozen broccoli spears-----	-----	-----	-----	20 lb-----	-----	1. Cook broccoli and onions in boiling salted water until tender. Drain. 2. Place cooked vegetables in 4 baking pans (about 12 by 20 inches), about 5 pounds per pan.
Frozen pearl onions-----	-----	-----	3 qt-----	3 lb 9 oz-----	-----	
Boiling water-----	-----	-----	2 qt-----	-----	-----	
Salt-----	-----	-----	3 Tbsp-----	-----	-----	
Margarine-----	-----	-----	1 cup-----	8 oz-----	-----	3. Melt margarine; stir in and pepper. Gradually stir in milk. Cook, stirring constantly, until thickened. 4. Pour sauce over vegetables, about 4-1/4 cups or 2 pounds 4 ounces per pan.
Flour-----	-----	-----	2 cups-----	9 oz-----	-----	
White pepper-----	-----	-----	1 tsp-----	-----	-----	
Skim milk-----	-----	-----	1 gal-----	-----	-----	
Cheddar cheese, shredded---	---	---	1 qt-----	14 oz-----	-----	5. Sprinkle cheese over sauce and vegetables. 6. Bake at 350°F (moderate oven) 15 minutes or until cheese is melted and lightly browned.

CREOLE CELERY

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Celery, diced-----	4-1/2 gal-----	19 lb 4 oz-----	-----	1. Mix all ingredients. Cook, uncovered, until celery is tender, about 45 minutes.
Frozen chopped onions-----	1-1/2 qt-----	1 lb 7-1/2 oz-----	-----	
Frozen chopped green peppers.	1-1/2 qt-----	1 lb 14 oz-----	-----	
Tomatoes-----	6 cans, 28 oz each.	-----	-----	
Salt-----	2 Tbsp-----	-----	-----	

HERB-SEASONED SPINACH CASSEROLE

Serving size: 1/2 cup

Vegetables			
Ingredients	100 servings		Directions
	Volume	Weight	
Frozen chopped spinach-----	-----	24 lb-----	1. Cook spinach in boiling salted water until tender. Drain.
Boiling water-----	2 qt-----	-----	2. Place cooked drained spinach in 4 baking pans (about 12 by 20 inches), about 2 quarts or 4 pounds per pan.
Salt-----	2-2/3 Tbsp-----	-----	
Margarine-----	1 cup-----	8 oz-----	3. Melt margarine; stir in flour and mustard.
Flour-----	2 cups-----	9 oz-----	4. Gradually stir in milk. Cook, stirring constantly, until thickened.
Dry mustard-----	2 tsp-----	-----	5. Add cheese. Stir until cheese is melted.
Skim milk-----	1 gal-----	-----	6. Pour sauce over spinach, about 4-1/2 cups per pan.
Sharp Cheddar cheese, shredded.	1 qt-----	14 oz-----	
Fine dry breadcrumbs-----	2 cups-----	7-1/2 oz-----	7. Mix breadcrumbs, marjoram, basil, and melted margarine.
Marjoram leaves-----	1-1/3 Tbsp-----	-----	8. Sprinkle over spinach and sauce, about 3/4 cup per pan.
Basil leaves-----	1-1/3 Tbsp-----	-----	9. Bake at 350°F (moderate oven) 25 minutes or until bread crumbs are lightly browned.
Margarine, melted-----	1/4 cup-----	2 oz-----	

LEMON PARSLEY CARROTS

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen sliced carrots-----	-----	20 lb-----	-----	1. Cook carrots and onions in boiling salted water until carrots are tender, about 10 minutes. Drain.
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	
Boiling water-----	2 qt-----	-----	-----	
Salt-----	1/4 cup-----	-----	-----	
Lemon juice-----	2 cups-----	-----	-----	2. Heat lemon juice and margarine to boiling. Stir in parsley. 3. Pour lemon juice mixture over carrots and onions. Stir gently.
Margarine-----	1 cup-----	8 oz-----	-----	
Parsley, chopped-----	1/2 cup-----	-----	-----	

MASHED POTATOES

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Potatoes, pared-----	-----	23 lb 8 oz-----	-----	1. Boil potatoes until tender. Drain. 2. Mash potatoes in mixer until smooth.
Skim milk, heated-----	1 to 1-3/4 qt-----	-----	-----	3. Gradually add enough milk to moisten. Add salt and margarine. Mix well.
Salt-----	2 Tbsp-----	-----	-----	4. Mix on high speed until potatoes are light and fluffy.
Margarine-----	2 cups-----	1 lb-----	-----	

MEXICAN CORN

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen chopped onions-----	1 qt-----	1 lb-----	-----	1. Cook onions and green peppers in margarine until tender. 2. Add pimientos and chili powder.
Frozen chopped green peppers.	1 qt-----	1 lb 4 oz-----	-----	
Margarine-----	1 cup-----	8 oz-----	-----	
Pimientos, chopped-----	1 cup-----	8 oz-----	-----	
Chili powder-----	3 Tbsp-----	-----	-----	
Whole kernel corn-----	4 cans, 106 oz each.	-----	-----	3. Heat corn to boiling. Boil gently 5 minutes. Drain. 4. Stir onion mixture into hot drained corn. Mix well.

PINEAPPLE SQUASH

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen winter squash, thawed.	-----	25 lb-----	-----	1. Mix squash, margarine, salt, pineapple, and orange rind.
Margarine, melted-----	2 cups-----	1 lb-----	-----	2. Pour into 4 baking pans
Salt-----	1/4 cup-----	-----	-----	(about 12 by 20 inches),
Crushed pineapple in natural juice.	8 cans, 20 oz each.	-----	-----	about 4 quarts or 9 pounds per pan.
Orange rind, grated-----	3 Tbsp-----	-----	-----	
<hr/>				
Nutmeg-----	2 tsp-----	-----	-----	3. Sprinkle nutmeg over squash mixture.
				4. Bake at 350°F (moderate oven) 45 minutes or until bubbly at edges and center is hot.

SAVORY POTATOES

Serving size: 1/2 cup

Vegetables

Ingredients	100 servings		For servings	Directions
	Volume	Weight		
Margarine-----	1 cup-----	8 oz-----	-----	1. Melt margarine; add seasonings
Garlic powder-----	1 tsp-----	-----	-----	and lemon juice.
Thyme-----	2 tsp-----	-----	-----	2. Let stand 30 minutes to blend
Rosemary, crushed-----	2 tsp-----	-----	-----	flavors.
Dry mustard-----	1/2 tsp-----	-----	-----	
Dehydrated parsley flakes-----	2 Tbsp-----	-----	-----	
Pepper-----	1/2 tsp-----	-----	-----	
Lemon juice-----	2 Tbsp-----	-----	-----	
Potatoes, pared, diced-----	3 gal-----	17 lb-----	-----	3. Cook potatoes in boiling
Boiling water-----	2 gal-----	-----	-----	salted water until tender,
Salt-----	3 Tbsp-----	-----	-----	about 10 minutes. Drain.
				4. Reheat seasoned fat. Pour
				over hot potatoes.

SEASONED GREEN BEANS

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Frozen french-style green beans.	-----	20 lb-----	-----	1. Cook beans, celery, and onions, in boiling salted water until beans are tender, about 15 minutes. Drain.
Celery, chopped-----	3 qt-----	3 lb 2 oz-----	-----	
Frozen chopped onions-----	1-1/2 qt-----	1 lb 7-1/2 oz-----	-----	
Boiling water-----	1-1/2 qt-----	-----	-----	
Salt-----	1/4 cup-----	-----	-----	
Pimientos, chopped-----	2 cups-----	1 lb-----	-----	2. Add remaining ingredients; toss lightly to mix.
Vinegar-----	2 cups-----	-----	-----	
Dill seed-----	2 Tbsp-----	-----	-----	
Pepper-----	1 Tbsp-----	-----	-----	
Margarine-----	1 cup-----	8 oz-----	-----	

SEASONED SUMMER SQUASH

Serving size: About 1/3 cup

Vegetables

Ingredients	100 servings		For servings	Directions
	Volume	Weight		
Margarine-----	1 cup-----	8 oz-----	-----	1. Melt margarine; add squash,
Yellow summer squash, sliced.	7 gal-----	29 lb 12 oz-----	-----	onions, and seasonings.
Frozen chopped onions-----	3 qt-----	2 lb 15 oz-----	-----	2. Cover and cook about 20 minutes
Salt-----	1/4 cup-----	-----	-----	or until squash is tender.
Pepper-----	1 tsp-----	-----	-----	Drain.
Basil leaves-----	2 Tbsp-----	-----	-----	
Oregano leaves-----	2 Tbsp-----	-----	-----	
Garlic powder-----	1/2 tsp-----	-----	-----	
Parsley, chopped-----	1/2 cup-----	-----	-----	3. Stir in chopped parsley.

SWEETPOTATO PUFF

Serving size: About 1/2 cup

Vegetables

Ingredients	100 servings		For ____ servings	Directions
	Volume	Weight		
Sweetpotatoes in light sirup.	4 cans, 102 oz each.	-----	-----	1. Drain sweetpotatoes. Save 1 quart liquid. 2. Mash sweetpotatoes in mixer until smooth.
Sweetpotato liquid	1 qt-----	-----	-----	3. Add sweetpotato liquid, margarine, orange juice, rind, salt, and nutmeg. Mix well.
Margarine, melted	2 cups-----	1 lb-----	-----	4. Beat in egg yolks.
Orange juice	2 qt-----	-----	-----	
Orange rind, grated	1/4 cup-----	-----	-----	
Salt	2 Tbsp-----	-----	-----	
Nutmeg	1-1/3 Tbsp-----	-----	-----	
Egg yolks, beaten	24 large-----	14-1/2 oz-----	-----	
Egg whites, stiffly beaten	24 large-----	1 lb 12 oz-----	-----	5. Gently fold egg whites into sweetpotato mixture. 6. Pour into 2 greased pans (about 12 by 20 inches). 7. Bake at 350°F (moderate oven) 60 to 70 minutes until set in the center and top is slightly browned.

VEGETABLE MEDLEY

Vegetables

Serving size: About 1 1/2 cup

Ingredients	100 servings		For servings	Directions
	Volume	Weight		
Frozen green peas, thawed--	-----	7 lb 8 oz-----	-----	1. Cook vegetables in boiling water until tender, about 10 minutes.
Frozen sliced carrots, thawed.	-----	5 lb-----	-----	
Frozen cut green beans, thawed.	-----	5 lb-----	-----	2. Drain vegetables; save cooking liquid.
Frozen cauliflower, thawed--	-----	5 lb-----	-----	
Boiling water-----	2 qt-----	-----	-----	
Salt-----	3 Tbsp-----	-----	-----	3. Add salt and margarine to vegetable liquid and water. Heat to boiling.
Margarine-----	1-1/2 cups-----	12 oz-----	-----	
Hot vegetable liquid and water.	2 qt-----	-----	-----	4. Mix cornstarch with cold water. Gradually stir into boiling liquid mixture. Cook, stirring constantly, until thickened.
Cornstarch-----	1/2 cup-----	2-1/4 oz-----	-----	
Cold water-----	1 cup-----	-----	-----	5. Pour sauce over cooked vegetables.

NUTRITIVE VALUE OF A SERVING OF FOOD

Nutritive Values

Nutritive values of foods in this recipe file have been calculated. Food energy (calories) and the amounts of protein, fat, carbohydrate, fiber, calcium, phosphorus, iron, sodium, potassium, vitamin A, thiamin, riboflavin, niacin, ascorbic acid, saturated fat, oleic acid, linoleic acid, and cholesterol in a serving of each food are shown in a table in this section. This information will be helpful to nutritionists, dietitians, and others who require quantitative nutrient information for planning and evaluating meals for group feeding.

The principle source of the calorie and nutrient data used in the calculations was "Nutritive Value of American Foods in Common Units, Data Sets 456-1 and 456-2."¹ Calorie and nutrient data were also taken from "Composition of Foods," Agriculture Handbook Numbers 8-1 and 8-2² for milk and milk products and spices. Unpublished nutrient data were obtained from the Nutrient Data Research Branch, Human Nutrition Information Service, for those ingredients not included in the other sources.

Yield factors were calculated from percentage data published in Agriculture Handbook Number 102, "Food Yields Summarized by Different Stages of Preparation," for different forms of a food to convert raw ingredient weights to the ready-to-eat form.

Calorie and nutrient content of the recipes was computed from data for each ingredient. Input for the computer program included weight of each ingredient either as listed in the recipe or as adjusted for cooking losses.

In the calculations, data for ingredients were used to cover all varieties and most widely used processes or forms. For example, apples are "commercial varieties, freshly harvested and stored," flour is "all-purpose enriched," and skim milk is "fluid with nonfat milk solids added." Data for salted, processed foods were used, unless otherwise specified, to avoid extra expense of "diet foods" and special forms not generally available.

Substitutions of one form of an ingredient for another form may not change the quality of the food prepared from the recipes, but often changes the nutrient content from that reported. For example, reconstituted nonfat dry milk used in place of fluid skim milk alters the composition slightly due to higher temperatures used in processing the dried milk.

Recipes are listed in the Nutritive Value Table by section, such as main dishes, bread, etc., and arranged alphabetically by name under each section.

¹ Food composition data, Food Names and Identification Numbers and Food Composition Data: Values, Data Sets 456-1, 456-2. CFE (Adm.)-338 and 339, May 1977.

² See General Information section, page 20, numbers 3 and 4.

TABLE 1.--Nutritive value of a serving of food

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
BEVERAGES											
Apricot buttermilk	1 cup	137	4.3	1.2	28.6	0.3	148.1	120.3	0.4	123	375
Cocoa	About 1 cup	128	9.1	1.2	22.2	.2	298.8	262.1	.5	131	471
Fruit punch	About 1/2 cup without ice	88	.7	.1	22.0	.1	15.0	15.8	.3	1	212
Hot cider	3/4 cup	93	.2	0	23.6	.2	12.0	17.9	1.2	2	201
Lemon milk drink	1 cup	188	9.5	1.8	34.5	0	346.2	275.9	.3	161	495
Strawberry milk drink	1 cup	232	9.9	7.5	32.6	.4	353.0	281.9	.6	167	532
Tomato-pineapple cocktail	3/4 cup	74	1.3	.2	17.9	.3	22.0	26.7	1.2	197	372
BREADS AND CEREALS											
Banana loaf	1 slice	116	1.9	3.3	20.0	.1	35.8	28.6	.5	108	63
Biscuits	1 biscuit	121	2.6	4.9	16.3	.1	76.6	46.2	.6	198	46
Blueberry muffins	1 muffin	160	3.5	6.1	23.0	.2	111.9	68.8	.8	278	72
Bread stuffing	1/3 cup	124	3.1	4.7	17.1	.2	35.1	38.1	.9	247	76
Cinnamon coffee cake	1 piece, about 2 by 3-3/4 in	231	3.6	8.4	35.6	.1	94.6	62.8	1.2	264	90
Cornbread	1 piece, about 2 by 2 in	130	3.2	3.5	21.1	.1	83.9	61.7	.8	148	64
Macaroni	About 1/2 cup	110	3.7	.4	22.4	.1	9.1	48.5	.8	136	59
Noodles	About 1/2 cup	89	2.9	1.1	16.6	.1	8.0	42.3	.6	136	31
Oatmeal rolls	1 roll	113	3.6	2.1	19.7	.1	29.8	58.7	1.0	118	89
Plain muffins	1 muffin	155	3.5	6.0	21.7	.1	111.0	67.6	.7	278	65
Rice, brown	About 1/2 cup	108	2.3	.5	23.2	.3	11.5	66.7	.5	93	64
Rice, white (long and medium grain)	About 1/2 cup	91	1.7	.1	20.3	.1	9.0	23.6	.8	93	23

Recipe	Vitamin A	Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles- terol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
BEVERAGES									
Apricot buttermilk	1,275	0.05	0.19	0.38	5.1	0.6	0.3	0	5
Cocoa	566	.10	.43	.32	1.3	.7	.4	0	4
Fruit punch	160	.09	.02	.36	45.3	0	0	0	0
Hot cider	0	.02	.04	.18	1.4	0	0	0	0
Lemon milk drink	592	.11	.46	.32	6.6	1.1	.4	0	9
Strawberry milk drink	732	.12	.54	.47	22.1	4.5	1.8	.2	33
Tomato-pineapple cocktail	782	.09	.05	.96	31.0	0	0	0	0
BREADS AND CEREALS									
Banana loaf	37	.07	.07	.67	.8	.8	1.5	.6	16
Biscuits	30	.11	.10	.97	.1	1.2	2.4	1.0	0
Blueberry muffins	73	.12	.13	1.02	.6	1.1	1.7	2.6	25
Bread stuffing	183	.10	.08	1.07	1.0	.9	2.3	1.3	1
Cinnamon coffee cake	142	.12	.13	1.06	.2	2.0	4.1	1.8	33
Cornbread	109	.10	.11	.88	.1	.6	.9	1.4	22
Macaroni	0	.13	.07	1.04	0	0	0	0	0
Noodles	50	.10	.06	.86	0	0	0	0	22
Oatmeal rolls	45	.14	.15	1.21	.1	.5	.8	.4	17
Plain muffins	69	.11	.13	.98	.2	1.1	1.7	2.6	25
Rice, brown	0	.08	.02	1.28	0	0	0	0	0
Rice, white (long and medium grain)	0	.09	.01	.84	0	0	0	0	0

TABLE 1.--Nutritive value of a serving of food

Recipe	Serving size	Food energy	Protein		Fat		Carbohydrate		Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
			<u>Kcal</u>	<u>g</u>	<u>g</u>	<u>g</u>	<u>g</u>	<u>g</u>						
BREADS AND CEREALS--Con.														
Rice-almond casserole	About 1/2 cup	168	5.4	7.9	18.9	0.3	84.7	131.7	1.1	275	110			
Spaghetti	About 1/2 cup	114	3.8	.4	23.1	.1	9.3	50.1	.8	136	61			
Spoonbread	1/3 cup	100	5.0	3.0	12.6	.1	87.7	102.5	.7	282	135			
Whole-wheat rolls	1 roll	101	3.2	2.6	16.6	.3	22.2	65.6	.7	149	74			
Yeast rolls	1 roll	103	2.9	2.5	17.0	.1	19.6	36.4	.7	149	46			
DESSERTS														
Apple cobbler	1 piece, about 2 by 3-3/4 in	179	1.3	5.2	33.6	.8	9.7	15.9	.9	108	104			
Baked custard	About 1/2 cup	104	6.4	2.9	13.0	0	140.1	144.9	.6	131	199			
Chocolate pudding	About 1/2 cup	153	5.3	5.3	22.7	.1	157.9	145.9	.6	140	236			
Cranberry-apple tapioca with pears	About 1/2 cup	116	.2	.2	29.3	.4	8.3	9.9	.5	71	92			
Lemon pudding	1/2 cup	144	1.1	2.8	29.9	0	6.7	16.1	.2	104	33			
Oatmeal-molasses cookies	1 cookie	104	1.5	4.1	15.7	.1	21.6	26.1	.7	58	93			
Peach crisp	About 1/2 cup	225	1.9	7.9	38.5	.6	23.6	43.5	1.3	96	221			
Peach-yogurt dessert	1 piece, about 2 by 2 in	90	2.4	2.4	15.8	.2	41.4	48.5	.3	80	196			
Pumpkin pie	1/8 pie	247	5.3	9.5	36.0	.7	86.2	95.6	1.3	354	244			
Spice cake	1 piece, about 2 by 3-3/4 in	214	3.2	8.6	31.3	.1	83.4	57.6	.8	198	55			
Spicy bread pudding	1 piece, about 2 by 2 in	115	4.5	1.7	21.6	.3	95.3	106.0	1.2	158	206			
Vanilla frosting	About 1-1/3 tbsp	92	.1	2.4	18.2	0	3.9	3.1	0	55	5			

Recipe	Vitamin A	Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles- terol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
BREADS AND CEREALS--Con.									
Rice-almond casserole	237	0.10	0.11	1.10	0.4	2.6	3.6	1.1	12
Spaghetti	0	.14	.08	1.07	0	0	0	0	0
Spoonbread	306	.08	.18	.46	.4	.8	1.2	.5	88
Whole-wheat rolls	30	.11	.09	.99	.1	.4	.8	1.1	11
Yeast rolls	33	.11	.12	1.07	.1	.4	.7	1.0	11
DESSERTS									
Apple cobbler	233	.07	.05	.48	.9	.9	2.5	1.3	0
Baked custard	324	.05	.24	.12	.7	1.0	1.0	.3	132
Chocolate pudding	274	.05	.23	.19	.9	2.9	1.7	.2	42
Cranberry-apple tapioca with pears	0	.01	.02	.10	5.4	0	0	0	0
Lemon pudding	119	.01	.02	.02	6.8	.6	1.3	.6	44
Oatmeal-molasses cookies	15	.06	.05	.52	0	1.0	2.0	.9	11
Peach crisp	676	.07	.07	1.05	2.4	1.5	3.9	2.1	0
Peach-yogurt dessert	366	.04	.07	.55	13.7	.6	1.1	.5	1
Pumpkin pie	3,190	.12	.20	1.14	1.9	1.9	4.4	2.3	69
Spice cake	72	.10	.11	.80	.2	2.2	4.1	1.7	44
Spicy bread pudding	154	.06	.14	.42	.5	.5	.6	.3	56
Vanilla frosting	104	0	0	0	0	.4	1.2	.7	0

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
DESSERTS--Con.											
Vanilla pudding	About 1/2 cup	115	4.8	2.9	17.6	0	154.3	128.4	0.3	140	199
Yellow cake	1 piece, about 2 by 3-3/4 in	213	3.2	8.6	31.0	0	80.4	57.3	.7	197	53
MAIN DISHES											
Baked beans	About 3/4 cup	295	17.2	1.4	55.9	3.4	152.7	338.1	7.0	404	1,144
Baked flounder	1 piece	171	25.2	6.9	.5	0	21.3	288.8	1.2	334	500
Baked macaroni and cheese	About 2/3 cup	240	11.7	11.0	23.5	.1	277.1	325.8	.9	536	227
Baked stuffed cod	1 piece, about 2 by 3-3/4 in	207	21.5	5.9	15.8	.2	49.1	243.2	1.3	426	469
Beef-potato pie	About 2/3 cup beef mixture and 1/3 cup potatoes	195	16.3	6.1	18.6	1.1	48.1	202.6	3.1	482	543
Chicken cacciatore	1 breast half and 1/3 cup sauce or 1 leg and 1/3 cup sauce	157	26.6	3.2	4.6	.4	84.2	283.8	2.2	424	602
Chicken-cheese-macaroni casserole	About 3/4 cup	189	26.1	6.9	4.6	.4	87.7	274.5	2.9	479	550
Chicken-corn casserole	About 1/2 cup	251	16.7	10.1	22.7	.1	201.7	292.9	1.4	409	315
		191	17.0	8.1	13.0	.4	53.8	195.6	1.2	420	266

Recipe	Vitamin A	Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles- terol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
DESSERTS--Con.									
Vanilla pudding	271	0.05	0.22	0.12	0.9	1.6	0.8	0.1	42
Yellow cake	71	.10	.11	.80	.1	2.2	4.1	1.7	44
MAIN DISHES									
Baked beans	386	.22	.17	1.88	8.5	0	0	0	0
Baked flounder	1	.06	.07	2.10	3.7	1.7	1.7	0	75
Baked macaroni and cheese	564	.10	.29	.73	.6	5.8	3.0	.7	27
Baked stuffed cod	244	.11	.15	2.88	3.1	1.1	2.8	1.5	54
Beef-potato pie	3,620	.16	.18	3.12	13.8	2.4	2.6	.5	39
Chicken cacciatore	828	.09	.20	8.44	14.2	1.2	1.3	0	83
Chicken-cheese-macaroni casserole	913	.10	.41	6.25	14.2	2.2	2.2	1.4	120
Chicken-corn casserole	657	.11	.28	2.25	4.8	4.1	3.5	1.4	38
	399	.05	.13	3.65	3.4	2.5	3.0	1.4	43

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
MAIN DISHES--Con.											
Chicken curry	About 2/3 cup curry and 1/2 cup rice	265	17.9	6.4	33.2	0.4	100.5	218.8	2.0	390	379
Chicken loaf	1 piece, about 2 by 2 in	144	17.1	6.9	2.4	.1	13.6	149.3	1.0	321	235
Chili con carne	3/4 cup	199	13.9	6.8	21.3	1.3	44.5	185.3	3.9	540	605
Creole pork chops	1 chop plus about 1/4 cup sauce	183	20.1	9.5	3.3	.4	73.5	218.5	2.9	280	362
Hawaiian pork	About 2/3 cup pork and 1/2 cup rice	264	18.3	6.3	32.4	.7	39.1	227.5	3.8	388	488
Hot ham-potato salad	About 1 cup	245	17.3	9.0	24.0	.7	23.4	170.4	2.8	573	508
Lamb stew	About 1 cup	230	22.6	7.8	16.3	.9	34.4	215.4	2.2	344	539
Liver and tomatoes	About 3/4 cup liver and 1/2 cup rice	272	19.2	7.8	30.2	.7	142.1	338.4	6.8	275	534
Meat loaf	1 slice, about 5/8-in thick	248	19.7	15.3	6.5	.1	60.2	188.8	2.7	390	270
Meat sauce	About 1/2 cup	194	15.2	11.8	7.0	.4	19.0	138.4	3.2	330	487
Oven-baked chicken	1 breast quarter or 1 leg quarter	353	46.1	17.2	0	0	23.8	318.0	1.8	394	361
Pepper steak	1 piece plus 1/4 cup sauce	377	38.7	23.5	0	0	22.4	250.3	2.0	405	328
Salisbury steaks with mushroom sauce	1 steak plus 2 tbsp sauce	259	26.0	13.5	7.2	.5	78.9	237.9	3.6	414	453
Sauerbraten beef cubes	About 1/3 cup beef and 1/2	249	19.5	14.4	9.3	.1	75.6	197.7	2.6	356	297

Recipe	Vitamin A	Thiamin	Ribo-flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Cholesterol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
MAIN DISHES--Con.									
Chicken curry	319	0.16	0.20	3.93	1.1	1.5	2.8	1.5	38
Chicken loaf	276	.04	.10	4.07	2.6	1.6	3.0	1.6	67
Chili con carne.	1,132	.11	.13	2.90	20.6	3.0	2.7	.1	29
Creole pork chops	531	.57	.21	4.09	15.4	3.4	3.9	.8	58
Hawaiian pork	2,691	.49	.21	4.18	17.9	2.2	2.5	.5	49
Hot ham-potato salad	189	.29	.16	3.17	20.0	2.5	4.1	1.5	51
Lamb stew	5,567	.18	.24	4.70	13.8	4.3	2.7	.2	76
Liver and tomatoes	25,226	.22	2.08	7.76	38.8	2.0	3.3	1.1	265
Meat loaf	125	.10	.23	3.91	.7	7.2	6.7	.4	93
Meat sauce	1,168	.10	.15	3.71	24.2	5.6	5.1	.2	48
Oven-baked chicken	175	.10	.19	17.70	0	4.8	6.8	3.7	134
Pepper steak	299	.10	.31	9.48	0	6.5	9.2	5.2	136
Salisbury steaks with mushroom sauce	564	.08	.20	3.56	19.7	6.4	5.8	.3	81
	110	.08	.24	2.69	.7	6.8	6.3	.4	59
Sauerbraten beef cubes	58	.12	.17	3.05	2.1	2.6	2.4	.1	68
Tuna loaf	307	.04	.10	8.00	2.7	1.0	2.1	1.2	59

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
MAIN DISHES--Con.											
Turkey-cheese-macaroni casserole	About 3/4 cup	259	17.7	10.5	22.7	0.1	200.7	297.9	1.5	425	321
Turkey-corn casserole	About 1/2 cup	205	18.6	8.8	13.0	.4	52.3	204.9	1.4	447	278
Turkey curry	About 2/3 cup curry and 1/2 cup rice										
		280	19.7	7.1	33.2	.4	99.0	223.6	2.2	418	393
Turkey loaf	1 piece, about 2 by 2 in	162	19.4	7.8	2.4	.1	11.8	162.2	1.3	356	252
SALADS											
Apple-cabbage slaw	About 1/2 cup	67	.9	4.3	7.2	.5	32.9	23.5	.3	204	136
Chicken-macaroni	About 1 cup	237	15.6	10.7	19.3	.4	27.3	155.0	1.5	343	313
Chicken waldorf	About 1/2 cup	180	14.0	11.4	5.8	.4	21.8	136.9	1.0	230	269
Cranberry-orange relish	About 1/4 cup	66	.2	.2	17.2	.5	9.9	5.4	.2	1	50
Fruit	About 1/2 cup	96	1.0	.8	23.4	.7	17.7	24.4	.7	12	246
Ham-vegetable	About 1-1/4 cups	207	14.2	12.7	10.0	1.1	35.7	144.7	2.6	472	382
Jellied citrus	1 piece, about 2 by 3-3/4 in	87	1.6	.1	21.4	.2	13.3	15.0	.4	5	136
Jellied vegetable	1 piece, about 2 by 3-3/4 in	40	1.6	.9	9.1	.9	18.8	16.8	.3	131	174
Potato	About 1/2 cup	133	3.3	7.6	13.4	.5	24.2	63.6	.8	398	289
Raw vegetable	About 1 cup	54	.9	4.2	4.1	.5	21.4	21.7	.6	83	175
Salmon-vegetable	About 1-1/4 cups	177	10.7	11.0	10.0	1.1	109.5	166.9	1.4	207	395
Tuna-macaroni	About 1 cup	223	16.0	9.0	19.3	.4	28.8	138.5	1.6	299	269
Turkey-macaroni	About 1 cup	251	17.4	11.4	19.3	.4	25.9	164.8	1.7	371	325

Recipe	Vitamin A	Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles- terol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
SALADS--Con.									
Turkey-cheese-macaroni casserole	667	0.11	0.29	2.39	4.8	4.2	3.8	1.5	40
Turkey-corn casserole	417	.05	.15	3.91	3.4	2.7	3.4	1.6	47
Turkey curry	337	.16	.22	4.22	1.1	1.6	3.2	1.6	43
Turkey loaf	299	.04	.12	3.73	2.6	1.8	3.6	1.8	73
SALADS									
Apple-cabbage slaw	104	.03	.04	.17	23.4	.7	.9	2.0	5
Chicken-macaroni	279	.13	.15	4.51	13.4	2.2	2.6	4.5	46
Chicken waldorf	172	.06	.10	3.85	3.2	2.0	2.6	5.4	44
Cranberry-orange relish	44	.02	.01	.08	8.9	0	0	0	0
Fruit	220	.06	.05	.57	6.8	.3	.1	0	2
Ham-vegetable	2,846	.38	.19	2.90	12.8	2.9	4.1	4.4	41
Jellied citrus	362	.04	.04	.32	26.4	0	0	0	0
Jellied vegetable	613	.03	.03	.21	14.9	0	0	0	0
Potato	178	.08	.07	.92	13.4	1.5	1.9	3.2	76
Raw vegetable	1,527	.04	.05	.28	16.7	.7	1.2	2.0	0
Salmon-vegetable	2,874	.12	.15	4.03	12.8	2.1	2.9	4.1	14
Tuna-macaroni	276	.12	.12	7.07	13.4	1.6	1.9	4.2	40
Turkey-macaroni	303	.13	.16	4.37	13.4	2.3	3.0	4.7	51

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		Kcal	G	G	G	G	Mg	Mg	Mg	Mg	Mg
SALADS--Con.											
Turkey waldorf	About 1/2 cup	194	15.6	12.1	5.8	0.4	20.3	146.2	1.2	258	280
Vegetable-cottage cheese	About 3/4 cup	113	17.5	1.5	7.1	.4	98.9	198.7	.5	570	266
SALAD DRESSINGS											
French	About 1 tbsp	29	0	2.5	1.8	0	.8	.9	0	36	5
Fruit salad	About 2 tsp	16	.3	.5	2.5	0	2.9	3.9	0	9	15
SANDWICHES											
Egg and cottage cheese	1 sandwich	222	14.1	5.8	27.5	.3	96.4	170.9	1.9	539	203
Fiesta hamburgers	1	282	16.4	12.3	25.5	.4	46.9	159.7	2.9	337	252
Fish salad	1 sandwich	209	12.1	6.0	26.1	.2	49.7	136.6	1.5	430	244
Hot chicken salad	1 sandwich	235	15.1	8.9	22.7	.1	77.8	170.4	1.4	509	202
Hot turkey salad	1 sandwich	240	15.5	9.3	22.7	.1	76.3	170.4	1.5	527	200
Peanut butter-raisin	1 sandwich	414	14.8	19.0	51.7	1.1	85.6	221.8	2.9	480	547
SOUPS											
Chicken-pimiento	1 cup	158	11.5	7.4	11.0	.2	118.5	173.4	1.0	426	352
Golden squash	1 cup	145	8.1	4.5	19.1	.8	261.8	220.7	1.0	531	458
Navy bean	1 cup	173	10.1	0.7	32.7	2.2	78.3	202.0	3.6	608	708
Salmon chowder	1 cup	202	15.4	8.3	16.1	.1	329.9	321.7	.8	623	503
Split pea	1 cup	176	10.9	.5	33.3	.9	33.0	137.9	2.5	616	585
Turkey-pimiento	1 cup	161	11.6	7.6	11.0	.2	117.8	173.2	1.0	435	351
Vegetable	1 cup	82	4.7	.3	15.9	1.3	114.8	76.7	1.4	487	501

Recipe	Vitamin A	Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles- terol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
SALADS--Con.									
Turkey waldorf	195	0.06	0.11	3.69	3.2	2.1	3.0	5.5	48
Vegetable-cottage cheese	2,064	.06	.26	.41	12.8	.9	.3	0	5
SALAD DRESSINGS									
French	30	0	0	0	0	.4	.7	1.2	0
Fruit salad	29	0	0	0	1.7	.3	.1	0	2
SANDWICHES									
Egg and cottage cheese	230	.23	.29	1.76	2.5	1.7	2.0	1.2	135
Fiesta hamburgers	246	.18	.22	3.87	1.6	5.2	5.4	.8	78
Fish salad	89	.22	.16	2.61	5.2	1.1	1.6	2.6	28
Hot chicken salad	139	.14	.17	3.59	.5	2.9	2.8	2.4	41
Hot turkey salad	150	.14	.17	3.18	.5	2.9	3.1	2.5	42
Peanut butter-raisin	998	.27	.19	7.32	1.8	3.5	9.5	5.3	1
SOUPS									
Chicken-pimiento	497	.08	.23	3.12	3.1	1.6	3.5	1.8	16
Golden squash	2,752	.11	.38	.71	6.5	1.0	2.0	1.0	4
Navy bean	1,867	.20	.10	1.33	6.8	0	0	0	0
Salmon chowder	669	.12	.46	3.57	2.1	1.9	3.4	1.6	16
Split pea	1,904	.22	.13	1.55	6.8	0	0	0	0
Turkey-pimiento	503	.08	.23	3.14	3.1	1.6	3.6	1.9	17
Vegetable	2,125	.14	.08	1.88	27.3	0	0	0	0

TABLE 1.--Nutritive value of a serving of food--Continued

Recipe	Serving size	Food energy	Protein	Fat	Carbohydrate	Crude fiber	Calcium	Phosphorus	Iron	Sodium	Potassium
		<u>Kcal</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>
SAUCES											
Blueberry	About 1/4 cup	31	0.2	0.1	7.7	0.4	2.7	3.5	0.2	0	24
Brown gravy	About 2 tbsp	30	.7	1.9	2.4	0	3.7	7.0	.2	46	20
Lemon vegetable	About 1 tbsp	20	.1	1.8	.8	0	.9	1.3	0	58	3
Pineapple	About 1/4 cup	46	.3	.1	11.7	.2	9.6	5.1	.2	1	92
Tartar	2 tbsp	97	.3	8.2	6.0	.1	6.2	7.7	.1	175	27
White--Thin	1 cup	171	9.7	6.5	18.4	0	320.6	263.3	.5	490	427
Medium	1 cup	251	10.6	12.4	24.4	0	323.3	271.4	.7	561	437
Thick	1 cup	331	11.5	18.2	30.6	.1	326.0	279.5	.9	631	446
VEGETABLES											
Baked onions	About 1/2 cup	31	1.3	.1	6.9	.7	26.5	31.4	.5	143	120
Beets with orange sauce	1/2 cup	84	1.2	.1	20.6	.8	22.1	23.3	.7	233	232
Broccoli and onions au gratin	About 1/2 cup	80	5.3	3.5	8.5	.9	115.4	113.0	.7	295	261
Creole celery	About 1/2 cup	29	1.5	.2	6.4	.9	88.0	38.0	.6	309	430
Herb-seasoned spinach casserole	About 1/2 cup	85	5.1	4.1	8.2	.6	165.2	98.9	1.8	296	318
Lemon parsley carrots	About 1/2 cup	46	.9	2.0	6.9	.9	31.2	29.5	.6	271	209
Mashed potatoes	About 1/2 cup	106	2.4	3.8	16.0	.5	20.8	55.9	.5	188	322
Mexican corn	About 1/2 cup	89	2.3	2.6	17.1	.8	6.8	44.0	.5	222	103
Pineapple squash	About 1/2 cup	102	1.6	4.1	17.4	1.5	38.7	41.2	1.3	322	303
Savory potatoes	About 1/2 cup	67	1.5	1.9	11.3	.4	6.3	33.2	.4	206	223
Seasoned green beans	About 1/2 cup	44	1.6	2.0	6.3	1.1	39.9	31.1	.9	274	166
Seasoned summer squash	About 1/3 cup	35	1.2	2.0	4.2	.7	32.4	31.4	.5	281	170
Sweetpotato puff	About 1/2 cup	160	2.5	5.3	26.2	.5	22.6	51.2	.9	240	159
Vegetable medley	About 1/2 cup	72	2.9	3.0	9.3	1.3	30.2	53.7	1.1	306	180

Recipe	Vitamin A	Thiamin	Ribo- flavin	Niacin	Ascorbic acid	Saturated fat	Oleic acid	Linoleic acid	Choles- terol
	<u>IU</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>Mg</u>	<u>G</u>	<u>G</u>	<u>G</u>	<u>Mg</u>
SAUCES									
Blueberry	13	0.01	0.01	0.11	2.0	0	0	0	0
Brown gravy	78	.02	.02	.37	0	.4	1.0	.5	0
Lemon vegetable	75	0	0	.04	.3	.3	.9	.5	0
Pineapple	26	.04	.02	.15	4.8	0	0	0	0
Tartar	86	0	.01	.01	1.5	1.5	1.8	4.1	10
White--Thin	733	.13	.46	.63	1.8	1.4	3.0	1.6	5
Medium	969	.17	.49	1.00	1.8	2.5	6.0	3.2	5
Thick	1,203	.21	.52	1.38	1.8	3.5	8.9	4.7	5
VEGETABLES									
Baked onions	169	.03	.04	.24	7.5	0	0	0	0
Beets with orange sauce	68	.03	.03	.19	13.5	0	0	0	0
Broccoli and onions au gratin	1,679	.07	.17	.54	46.6	1.2	1.3	.5	5
Creole celery	670	.05	.05	.61	21.6	0	0	0	0
Herb-seasoned spinach casserole	5,897	.08	.19	.52	8.5	1.3	1.6	.7	5
Lemon parsley carrots	9,420	.05	.05	.46	7.1	.3	.9	.5	0
Mashed potatoes	170	.10	.05	1.29	17.2	.7	1.9	1.0	0
Mexican corn	506	.02	.04	.70	10.1	.3	.9	.5	0
Pineapple squash	4,594	.06	.08	.63	12.4	.7	1.9	1.0	0
Savory potatoes	83	.07	.02	.93	12.5	.3	.9	.5	0
Seasoned green beans	648	.05	.07	.32	11.2	.3	1.0	.5	0
Seasoned summer squash	520	.06	.09	.90	11.9	.3	.9	.5	0
Sweetpotato puff	3,496	.04	.06	.54	12.6	1.1	2.4	1.2	66
Vegetable medley	4,861	.12	.07	1.00	18.1	.5	1.4	.8	0

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